

Child's Name: \_\_\_\_\_

Kids of the Kingdom Episcopal School Menu (October / November 2021)

Mon	Tue	Wed	Thu	Fri
(11) A) Cheerios & Toast & Fruit B) Chicken Patties / Tatar Tots / Peaches C) Apple Butter Sandwiches	(12) A) Pancakes & Fruit B) Ham & Cheese Sandwiches / Cucumbers / Ranch / Bananas C) Butter Crackers & Cheese Sticks	(13) A) Pigs in the Blanket B) Beef & Rice / Mixed Vegetables / Mandarin Oranges C) Wheat Thins & Cream Cheese	(14) A) Malt – O- Meal & Fruit B) Bean & Cheese Tacos / Spanish Rice / Pineapple C) Carrot Salad	(15) A) Blueberry Muffins & Fruit B) Pizza / Salad / Ranch / Apple Slices / Cookies C) Trail Mix
(18) A) Cheerios & Toast & Fruit B) Chicken Noodle Casserole / Peas & Carrots / Pineapple C) Ranch Oyster Crackers	(19) A) Bagel w/ Cream Cheese & Fruit B) Turkey & Cheese Sandwiches / Carrots / Ranch / Strawberries C) Rice Krispies Treats	(20) A) Waffles & Fruit B) Hamburgers / Bread / Green Beans / Mandarin Oranges C) Rice Cakes w/ Apple Butter	(21) A) Oatmeal & Fruit B) Chicken Nuggets / Corn / Mixed Fruit C) Baked Cheese Crackers	(22) A) Blueberry Muffins & Fruit B) Pizza / Salad / Ranch / Bananas / Cookies C) Trail Mix
(25) A) Cheerios & Toast & Fruit B) Chicken Patties / Green Beans / Peaches C) Goldfish & Raisins	(26) A) Pancakes & Fruit B) Ham & Cheese Sandwiches / Carrots / Ranch / Bananas C) Granola Bars	(27) A) Biscuits w/ Sausage & Fruit B) Cheese Enchiladas / Pinto Beans / Pineapple C) Vanilla Wafers & Yogurt	(28) A) Malt – O – Meal & Fruit B) Oven Baked Chicken / Broccoli w/ Cheese / Pears C) Fresh Fruit Cup	(29) A) French Toast & Fruit B) Pizza / Salad / Ranch / Oranges / Cookies C) Trail Mix
(1) A) Cheerios & Toast & Fruit B) Spaghetti w/ Meat Sauce / Carrots / Peaches C) Baked Cheese Crackers	(2) A) Cinnamon Bread & Fruit B) Chicken Salad Sandwiches / Cucumbers / Ranch / Oranges C) Animal Crackers & Yogurt	(3) A) English Muffins & Fruit B) Fish Sticks / Corn / Mixed Fruit C) Fruit Salad	(4) A) Oatmeal & Fruit B) Meatballs w/ Sauce / Buttered Noodles / Pears C) Cottage Cheese w/ Pineapple	(5) A) Pancakes & Fruit B) Pizza / Salad / Ranch / Strawberries / Cookies C) Trail Mix
(8) A) Cheerios & Toast & Fruit B) Mac & Cheese w/ Beef / Green Beans / Mandarin Oranges C) Granola Bars	(9) A) Waffles & Fruit B) Tuna Salad Sandwiches / Carrots / Ranch / Apple Slices C) Graham Crackers & Pudding	(10) A) Cinnamon Toast & Fruit B) Raviolis / Bread / Corn / Pears C) Fruit Salad	(11) A) Malt – O - Meal & Fruit B) Teriyaki Chicken / White Rice / Applesauce C) Carrots & Celery w/ Ranch	(12) A) Bean & Cheese Tacos & Fruit B) Pizza / Salad / Ranch / Bananas / Cookies C) Trail Mix
<b>A) Breakfast</b> <b>(Milk &amp; Water)</b>	<b>B) Lunch</b> <b>(Milk &amp; Water)</b>	<b>C) P.M. Snack</b> <b>(Juice &amp; Water)</b>		

If your child is on the allergy list please put a line through the food item they cannot have and return the menu in your child's folder. Please provide a substitution for that item.