

Child's Name: _____

Kids of the Kingdom Episcopal School Menu (October/November 2018)

Mon	Tue	Wed	Thu	Fri
(1) A) Cheerios B) Spaghetti w/ Beef Sauce / Corn / Grapes C) Pretzels / Cheese Sticks	(2) A) Toast w/ Jelly B) Fish Sticks / Bread / Peas & Carrots / Mixed Fruit C) Wheat Thins / Cream Cheese	(3) A) Pigs in a Blanket B) Grilled Cheese Sand. / Carrots / Chips / Ranch / Bananas C) Ranch Oyster Crackers	(4) A) Oatmeal B) Chicken & Rice / Mixed Veggies / Mandarin Oranges C) Cheese Wrap	(5) A) Pancakes B) Pizza / Green Beans / Applesauce / Cookie C) Trailmix
(8) A) Cheerios B) Cheeseburger / Bread / Peas & Carrots / Peaches C) Baked Cheese Crackers	(9) A) Biscuit w/ Jelly B) Ham & Cheese Sand. / Chips Cucumbers / Ranch / Bananas C) Goldfish	(10) A) Blueberry Muffins B) Spaghetti w/ Meat Sauce / Mixed Veggies / Pears C) Granola Bars	(11) A) Waffles B) Chicken Quesadillas / Green Beans Mandarin Oranges C) Graham Crackers / Raisins	(12) A) Bean & Cheese Taco B) Pizza / Salad / Ranch / Apple Slices Cookies C) Trailmix
(15) A) Cheerios B) Mac & Cheese w/ Beef / Mixed Veggies / Applesauce C) Pudding / Animal Crackers	(16) A) Cheese Toast B) Hot Dog / Bread / Corn / Grapes C) Cheese & Crackers	(17) A) Malt-O-Meal B) Chicken Salad Sand. / Chips / Carrots / Ranch / Bananas C) Ranch Oyster Crackers	(18) A) Bagels w/ Cream Cheese B) Beef & Rice / Peas & Carrots / Mixed Fruit C) Trailmix	(19) A) Sausage & Egg Taco B) Pizza / Green Beans / Peaches / Cookies C) Apple Butter Sandwich
(22) A) Cheerios B) Fish Sticks / Bread / Green Beans Peaches C) Wheat Thins / Cream Cheese	(23) A) Pigs in a Blanket B) Turkey & Cheese Sand. / Carrots Chips / Ranch / Bananas C) Goldfish & Raisins	(24) A) Cinnamon Toast B) Chicken Nuggets / Bread / Carrots / Apple Slices C) Pretzels / Cheese Sticks	(25) A) Pancakes B) Beanie Weenies / Corn / Applesauce C) Apple Butter Sandwich	(26) A) Blueberry Muffins B) Pizza / Salad / Ranch / Grapes / Cookie C) Granola Bars
(29) A) Cheerios B) Chicken Noodle Casserole / Peas & Carrots / Mandarin Oranges C) Baked Cheese Crackers	(30) A) English Muffins B) Ham & Cheese Sand. / Chips / Cucumbers / Ranch / Apple Slices C) Jello / Animal Crackers	(31) A) Pancakes B) Mac & Cheese w/ Beef / Carrots Peaches C) Granola Bars	(1) A) Oatmeal B) Steak Fingers / Bread / Mixed Veggies / Grapes C) Pudding / Graham Crackers	(2) A) Blueberry Muffins B) Pizza / Green Beans / Bananas / Cookie C) Trailmix
A) Breakfast (Milk & Water)	B) Lunch (Milk & Water)	C) P.M. Snack (Juice & Water)		

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.