

KDS Fall Cycle: Wk. 1

Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
<i>Meat/ Meat Alternative:</i> <i>Grain/Starch:</i> <i>Fruit:</i> <i>Drink:</i>	Yogurt Assorted Cereals Peaches 1% Milk	Yogurt Assorted Cereals Mandarin Oranges 1% Milk	Yogurt Assorted Cereals Fruit Cocktail 1% Milk	Yogurt Assorted Cereals Applesauce 1% Milk	Yogurt Assorted Cereals Berry Cup 1% Milk
Lunch					
<i>Main:</i> <i>Vegetable:</i> <i>Grain/Starch:</i> <i>Fruit:</i> <i>Drink:</i>	Orange Chicken Steamed Broccoli Brown Rice - Peaches 1% Milk	Grilled Cheese on WG Tomato Soup - Mandarin Oranges 1% Milk	Vegetarian Lasagna Steamed Green Beans Garlic Bread - Fruit Cocktail 1% Milk	Beef Stroganoff Steamed Corn Egg Noodles - Applesauce 1% Milk	Chicken Broccoli Alfredo Steamed Carrots WW Penne - Berry Cup 1% Milk
ALTERNATIVE MEAL:	Mac & Cheese	Chicken Nuggets	Burger or Impossible Burger	Grilled Cheese	Cheese Pizza

KDS Fall Cycle: Wk.2

Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Meat/ Meat Alternative:</i> <i>Vegetable:</i> <i>Grain/Starch:</i> <i>Fruit:</i> <i>Drink:</i>	Yogurt Assorted Cereals Pears 1% Milk	Yogurt Assorted Cereals Berry Cup 1% Milk	Yogurt Assorted Cereals Fruit Cocktail 1% Milk	Yogurt Assorted Cereals Applesauce 1% Milk	Yogurt Assorted Cereals Peaches 1% Milk
Lunch					
<i>Main:</i> <i>Vegetable:</i> <i>Grain/Starch:</i> <i>Fruit:</i> <i>Drink:</i>	Meatballs Marinara Sauce Roasted Zucchini WW Spaghetti - Pears 1% Milk	Chicken Pot Pie W/Pastry Crust Roasted Butternut Squash - WW Penne - Berry Cup 1% Milk	American Chop Suey Steamed Broccoli - WG Roll - Fruit Cocktail 1% Milk	Chicken Parmesan Steamed Green Beans - WG Penne - Applesauce 1% Milk	Vegetarian Shep. Pie Steamed Carrots - WG Roll - Peaches 1% Milk
ALTERNATIVE MEAL:	Chicken Nuggets	Grilled Cheese	Mac & Cheese	Burger or Impossible Burger	Cheese Pizza