

KST Daycare & Pre-School Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: (7:30am) Pancakes, Biscuits & Strawberries	Breakfast: (7:30am) Cheerios & milk, Banana, Yogurt	Breakfast: (7:30am) French Toast Sticks, Oranges & Ham	Breakfast: (7:30am) Scrambled Eggs, Whole Wheat Bread, & Tatar tots	Breakfast: (7:30am) Oatmeal, Muffins & Blueberries
AM Snack: (9:00am) Cheddar Cheese, Whole Wheat Crackers & Pears	AM Snack: (9:00am) Oatmeal Cookies, Grapes & Califlower	AM Snack: (9:00am) Granola bars, Apples slices & Yogurt	AM Snack: (9:00am) Pita Bread, Hummus & Carrots	AM Snack: (9:00am) Pretzels, Go-Gurt & Grapes
Lunch: (11:30am) Stew Chicken, Brown Rice, Tomatoes & Kiwi	Lunch: (11:30am) Whole Wheat Taco, Toss salad, Black Beans & Banana	Lunch: (11:30am) Whole Wheat Ziti, Steamed Broccoli, Cheese & Watermelon	Lunch: (11:30am) Baked Fish Sticks, Celery, Garlic Bread, & Mango	Lunch: (11:30am) Home Made Pizza, Zucchini, Bread Sticks & Melon
PM Snack: (3:00pm) Yogurt, Pretzel Sticks & Mango	PM Snack: (3:00pm) Ham & Cheese, Strawberries & Green Beans	PM Snack: (3:00pm) Peanut Butter & Jelly, Banana & Kale Chips	PM Snack: (3:00pm) Guacamole, Tortilla Chips & Apricots	PM Snack: (3:00pm) Trail Mix, Fig Newton & Kiwi
Dinner: (4:30pm) Turkey Lean, Pita bread, Peas & Carrots, Pears	Dinner: (4:30pm) Lentil Soup, Garlic Bread, Grill Chicken & Pineapple	Dinner: (4:30pm) Turkey Chili, Brown Rice, Cucumber & Cantaloupe	Dinner: (4:30pm) Whole Wheat Alfredo Pasta, Baked Chicken, Cornbread & Oranges	Dinner: (4:30pm) Veggie Burger, Tomato, Whole Wheat Bread Carrots & Apples

**All snacks is served with water

** Breakfast, Lunch and Dinner is served with whole milk and 1% milk.

