

MONTHLY LUNCH MENU

LAKE WORTH 2026-2027



Child Name: _____ Date: ____/____/____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Nuggets with Sweet Potato Fries	Pasta w/Meatballs	Chicken & Waffles	Grilled Turkey and Cheese Sandwich with Chips	Sweet and Sour Chicken with Rice
2	Chicken Nuggets with French Fries	Pizza	Chicken Alfredo	Grilled Cheese with Sweet Potato Tots	Chicken Sliders with Chips
3	Chicken Nuggets with Sweet Potato Fries	Spaghetti Rings with Mini Beef Meatballs	French Toast with Turkey Sausage	Burger with Tater Tots	Mac & Cheese
4	Chicken Nuggets with French Fries	Pizza Bagels	Chicken Quesadilla with Rice and Beans	Pancakes with Chicken Sausage Links	Chicken Parmesan with Pasta

****Lunch served with a Fresh Fruit and a Vegetable**

****Snacks rotate throughout the month**

AM Snacks: Cereal, Yogurt, Fruit Cup, Fresh Fruit, Applesauce, Breakfast Bars, Breakfast Cookies

PM Snacks: Pretzels, Goldfish, Veggie Straws, Cookies, Sugar Free Pudding, Sugar Free Jell-O

Healthy Habits Start Here!

- Food that children like, served with fruits and vegetables.
- Dare to compare - no canned foods at KLA Schools
- Meals feature fresh fruit mix or whole fruit - no preservatives here!
- No juice! Meals are served with milk and water is encouraged all day long, as recommended by most dieticians.
- If your child has a dietary restriction, please speak with the Center Director.

- ☐ My child can have all menu items
- ☐ My child can only be served circled menu items
- ☐ Parent provides meals

Parent Signature

Date