

# Monthly Lunch Menu

LAKE WORTH 2023-2024 SCHOOL YEAR



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

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Chicken Nuggets w/ French Fries &amp; corn</i>  <i>Fresh Fruit</i>	<i>Turkey meatballs w/ cavatappi &amp; parmesan peas</i>  <i>Fresh Fruit</i>	<i>Orange chicken w/ mixed veggies &amp; fried rice</i>  <i>Fresh Fruit</i>	<i>Chicken &amp; waffles w/ glazed carrots &amp; baked apple</i>  <i>Fresh Fruit</i>	<i>Pizza bagels w/ parmesan peas</i>  <i>Fresh Fruit</i>
<i>Grilled cheese w/ Tater tots &amp; glazed carrots</i>  <i>Fresh Fruit</i>	<i>Chicken quesadilla w/ rice and beans &amp; corn</i>  <i>Fresh Fruit</i>	<i>Mac and cheese w/ mixed veggies</i>  <i>Fresh Fruit</i>	<i>Chicken nuggets w/ sweet potato fries &amp; corn</i>  <i>Fresh Fruit</i>	<i>Turkey stuffed rollup w/ mixed veggies &amp; baked apple</i>  <i>Fresh Fruit</i>
<i>Bbq chicken drumstick w/ mashed potatoes &amp; mixed veggies</i>  <i>Fresh Fruit</i>	<i>Chicken nuggets w/ french fries &amp; corn</i>  <i>Fresh Fruit</i>	<i>Chicken parm w/whole wheat penne mariana &amp; parmesan peas</i>  <i>Fresh Fruit</i>	<i>Pancakes/french toast w/ turkey sausage</i>  <i>Fresh Fruit</i>	<i>Pizza w/ parmesan peas</i>  <i>Fresh Fruit</i>
<i>Burger w/ tater tots &amp; corn</i>  <i>Fresh Fruit</i>	<i>Whole wheat penne w/ chicken alfredo &amp; parmesan peas</i>  <i>Fresh Fruit</i>	<i>Chicken nuggets w/ sweet potato fries &amp; corn</i>  <i>Fresh Fruit</i>	<i>Turkey meatballs w/ mashed potatoes &amp; mixed veggies</i>  <i>Fresh Fruit</i>	<i>Chicken dumpling w/ mixed veggies</i>  <i>Fresh Fruit</i>

**Snacks** will be served on a rotating basis and will include: Pretzels, Goldfish, Veggie Chips, Granola Bars, Cheese-it Crackers, Apple Sauce, apple, gogurt, fruit cups, animal crackers, jello.

## 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