

- 2024 -

JANUARY

MONDAY

1 Chocolate or
Blueberry Muffin
Fresh Fruit
Low Fat Milk

8 Chocolate or
Blueberry Muffin
Fresh Fruit
Low Fat Milk

15 Chocolate or
Blueberry Muffin
Fresh Fruit
Low Fat Milk

22 Chocolate or
Blueberry Muffin
Fresh Fruit
Low Fat Milk

29 Chocolate or
Blueberry Muffin
Fresh Fruit
Low Fat Milk

TUESDAY

2 *Hot Breakfast*
Apple or Cherry
Strudel Stick
Fresh Fruit
Low Fat Milk

9 *Hot Breakfast*
Apple or Cherry
Strudel Stick
Fresh Fruit
Low Fat Milk

16 *Hot Breakfast*
Apple or Cherry
Strudel Stick
Fresh Fruit
Low Fat Milk

23 *Hot Breakfast*
Apple or Cherry
Strudel Stick
Fresh Fruit
Low Fat Milk

30 *Hot Breakfast*
Apple or Cherry
Strudel Stick
Fresh Fruit
Low Fat Milk

WEDNESDAY

3 Bowl of Cereal
Fresh fruit
Low Fat Milk

10 Cereal Bar
Fresh fruit
Low Fat Milk

17 Bowl of Cereal
Fresh fruit
Low Fat Milk

24 Cereal Bar
Fresh fruit
Low Fat Milk

31 Bowl of Cereal
Fresh fruit
Low Fat Milk

THURSDAY

4 *Hot Breakfast*
Ham Egg &
Cheese Breakfast
Bar
Fresh Fruit
Low Fat Milk

11 *Hot Breakfast*
Ham Egg &
Cheese Breakfast
Bar
Fresh Fruit
Low Fat Milk

18 *Hot Breakfast*
Ham Egg &
Cheese Breakfast
Bar
Fresh Fruit
Low Fat Milk

25 *Hot Breakfast*
Ham Egg &
Cheese Breakfast
Bar
Fresh Fruit
Low Fat Milk

FRIDAY

5 Cook's Choice

12 Cook's Choice

19 Cook's Choice

26 Cook's Choice

Kings River Unified School District

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Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch. Nutritional information Available upon request.

The USDA is an equal opportunity provider and employer. Menu Subject To Change Due To A National Supply