



K-Nation Group CACFP MENU

FOOD ALLERGY NOTICE
 PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THESE INGREDIENTS: MILK, EGGS, WHEAT, SOYBEAN, PEANUTS, TREE NUTS, FISH AND SHELLFISH



Weekly enrichment activities can be downloaded at www.knationgroup.org or by scanning the QR code. If you would like paper copies of enrichment activities, please ask one of our staff members.

June 5 – June 9, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday
8 oz Milk (Shelf Stable) 1/2 Slice Bagel (1 oz grain eq)	Cheese Stick (1oz m/ma) Gold Fish (1 oz Grain Equ)	Apple Juice 100% Fruit Juice (3/4 cup fruit) Cheez- It Crackers, Cheddar (1 oz Grain Equ)	Cheese Stick (1oz m/ma) 1/2 Slice Bagel (1 oz grain eq)	Apple Juice 100% Fruit Juice (3/4 cup fruit) Keebler Animal Crackers (1 oz)

Sunday	Monday	Tuesday	Wednesday	Thursday
BBQ Chicken Jack Links (1 M/MA) 1 oz Sunflower Kernels (1 M/MA)	Zee Zee's Hummus (2 M/MA)	NACHO TUESDAY Land o Lakes Cheese Cup (1 M/MA) 1 oz Sunflower Kernels (1 M/MA)	All American Burger on a Whole Grain Bun (2 oz/2 m/ma, 2.0 oz eq grains)	Wild Mike's IW Cheese Pizza (2m/ma, 2 oz grain)
Whole Apple	Apple Sauce Cup (1/2 cup fruit)	Dried Cranberries	Dried Cranberries	Apple Sauce Cup (1/2 cup fruit)
Paradise Punch 100% Fruit and Veg Juice (3/4c vegetable)	Salsa cup (1/2 cup red veg serving)	Salsa cup (1/2 cup red veg serving)	Paradise Punch 100% Fruit and Veg Juice (3/4c vegetable)	Paradise Punch 100% Fruit and Veg Juice (3/4c vegetable)
Keebler Animal Crackers (1 oz)	1 oz Baked tortilla chips (1 oz Grain)	1 oz WG Baked tortilla chips (1 oz Grain)	Burger bun	Pizza Crust
8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

Enrichment activities are important and should be completed each day of the week after school. Enrichment should be completed, and meal should be consumed after school hours between 4:15pm-6:00pm. Items labeled "Shelf Stable" can be stored on the shelf and refrigeration not required. Each meal should be consumed as designated on the menu. All refrigerated food should be discarded after seven days of receipt if not consumed.

Snack:

- **Milk** - Consume 1 cup (8 oz) of milk each day with supper.
- **Bagel Snack** – Eat a ½ bagel slice on Sunday and Wednesday
- **Cheese Sticks** – **Immediate refrigeration needed.** Ready to eat.

Supper:

- **Mike's Pizza** – **Immediate refrigeration needed** Microwave: Vent wrapper and place on microwave safe plate. *Frozen: 1 minute and 20 seconds. *Thawed: 45 seconds
- **All American Burger** - ***Immediate refrigeration Needed***Product is Ready-to-Eat, but for a better experience, Microwave: From Thawed State *(Microwave ovens vary; adjust time accordingly to heat product) 1. Open one end of the package. 2. Place on microwave safe plate, 3. Microwave 40-50 seconds; or until heated through.

