

FKO - Winthrop

Breakfast & Lunch Menu

SUMMER, 2024



June 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24	25	26	27	28
BREAKFAST	Yogurt with Granola and Fruit	Bagel with Jelly or Cream Cheese	Muffin and Fruit	Cereal and Fruit	Choice of Yogurt, Bagel, Muffin or Cereal
LUNCH	Cheese Pizza	Chicken Tenders and French Fries	Ziti & Meatballs Dinner Roll	Ham and Cheese Sandwich or Turkey & Cheese Sandwich	Chicken Stir Fry over Rice

July 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
BREAKFAST	French Toast and Fruit	Muffin and Fruit	Cereal and Fruit	FKO CLOSED	FKO CLOSED
LUNCH	Chicken, Broccoli and Ziti	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Breakfast for Lunch (French Toast and Scrambled Eggs)		
	8	9	10	11	12
BREAKFAST	Bagel with Jelly or Cream Cheese	Yogurt and Granola Bar	Oatmeal and Fruit	Pancakes and Fruit	Choice of Bagel, Yogurt, or Oatmeal with Fruit
LUNCH	Mac and Cheese Dinner Roll	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Cheeseburger Sliders with Chips	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Cheese Pizza
	15	16	17	18	19
BREAKFAST	Muffin and Fruit	Turkey Sausage and Hash Browns with Fruit	Yogurt and Granola Bar	Bagel with Jelly or Cream Cheese	Choice of Muffin or Bagel with Fruit
LUNCH	Chicken Tenders French Fries	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Cheese Pizza	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Baked Ziti Dinner Roll
	22	23	24	25	26
BREAKFAST	Oatmeal and Fruit	Cereal and Fruit	Croissant and Fruit	Yogurt and Granola Bar	Choice of Cereal, Croissant or Yogurt
LUNCH	Chicken, Broccoli and Ziti Dinner Roll	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Chicken Stir Fry over Rice	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Breakfast for Lunch (French Toast and Scrambled Eggs)
	29	30	31		
BREAKFAST	Cereal and Fruit	Bagel with Jelly or Cream Cheese	Yogurt with Granola and Fruit		
LUNCH	Chicken Tenders and French Fries	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Chicken Tenders and French Fries		

August 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
BREAKFAST				Muffin and Fruit	Choice of Cereal, Bagel, Muffin or Fruit
LUNCH				Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Chicken Tenders French Fries
	5	6	7	8	9
BREAKFAST	Bagel with Jelly or Cream Cheese	French Toast and Fruit	Cereal and Fruit	Oatmeal and Fruit	Choice of Bagel or Cereal
LUNCH	Mac and Cheese Dinner Roll	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Breakfast for Lunch (French Toast and Scrambled Eggs)	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Cheese Pizza
	12	13	14	15	16
BREAKFAST	Pancake and Fruit	Muffin and Fruit	Yogurt and Granola Bar	Bagel with Jelly or Cream Cheese	Choice of Muffin, Yogurt or Bagel
LUNCH	Chicken, Broccoli and Ziti Dinner Roll	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Cheese Pizza	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Mac and Cheese Dinner Roll
	19	20	21	22	23
BREAKFAST	Yogurt and Granola Bar	Bagel with Jelly or Cream Cheese	French Toast and Fruit	Muffin and Fruit	Choice of Yogurt, Bagel or Muffin
LUNCH	Cheeseburger Sliders with Chips	Ham and Cheese Sandwich or Turkey and Cheese Sandwich	Chicken Tenders and French Fries	Ziti & Meatballs Dinner Roll	Cheese Pizza

*Lunch served with a side of either fruit or veggies.
*Lunch meals prepared by the Winthrop Meat Market.