



# July 2023



\*MILK w/ Breakfast, AM Snack & Lunch

\*Water for PM snacks

Kid's World Learning Center 16210 West Rd Houston TX 77095 ~ 281-861-2588 [www.KidsWorldCyFair.com](http://www.KidsWorldCyFair.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast: Pancakes &amp; Raisins            Snack: Whole Grain Crackers &amp; Apple Sauce            Lunch: Whole Grain Grilled Cheese Sandwich, Peas, Pineapple Tidbits            Snack: Tortilla Chips &amp; Salsa</p>	<p><b>No School Happy Independence Day!</b></p>	<p>5 Breakfast: Cinnamon Toast &amp; Fruit            Snack: Strawberry Yogurt &amp; Pretzels            Lunch: Hamburger on Whole Grain Buns w/Salad &amp; Peaches            Snack: Banana &amp; Goldfish Crackers</p>	<p>6 Breakfast: French Toast &amp; Bananas            Snack: Baked Multi Whole Grain Wheat Crisps &amp; Apple Sauce            Lunch: Homemade Cheesy Beefy Mac, Green Bean &amp; Peas            Snack: Apples &amp; Whole Grain Crackers</p>	<p>7 Breakfast: Whole Grain Life Cereal &amp; Raisins            Snack: Cheese &amp; Whole Grain Crackers            Lunch: Turkey Sandwich w/Salad &amp; Mixed Fruit            Snack: KWLC Snack Mix</p>
<p>15 Breakfast: Pancakes &amp; Raisins            Snack: Carrot's w/ Ranch &amp; Whole Grain Saltine Crackers            Lunch: Chicken Nuggets, Peas, Applesauce            Snack: Whole Grain Gold Fish Crackers &amp; Apple Slices</p>	<p>16 Breakfast: Whole Grain Cheerios Cereal &amp; Raisins            Snack: Whole Grain Pizza Cheese Toast            Lunch: Beef Spaghetti, Corn &amp; Mixed Fruit            Snack: Pretzels &amp; Orange Slices</p>	<p>17 Breakfast: Cinnamon Toast &amp; Fruit            Snack: Cheese &amp; Whole Grain Crackers            Lunch: Chicken Fried Brown Rice w/Mixed Veggie, &amp; Pineapple Tidbits            Snack: Tortilla Chips &amp; Salsa</p>	<p>18 Breakfast: Multi grain Waffles &amp; Bananas            Snack: Cucumber w/ Ranch &amp; Crackers            Lunch: Whole grain Grilled Cheese, Carrots &amp; Peaches            Snack: Graham Cracker &amp; Banana</p>	<p>19 Breakfast: Whole grain Life Cereal &amp; Banana            Snack: Strawberry Yogurt &amp; Crackers            Lunch: Whole grain Turkey &amp; Cheese Melt w/Salad &amp; Mixed Fruit            Snack: KWLC Snack Mix</p>
<p>22 Breakfast: Pancakes &amp; Raisins            Snack: Baked Multi Whole Grain Wheat Crisps &amp; Apple Sauce            Lunch: Whole Grain Grilled Cheese, Mixed Veggies &amp; Mixed Fruit            Snack: Tortilla Chips &amp; Salsa</p>	<p>23 Breakfast: Whole Grain Cheerios Cereal &amp; Apple slices            Snack: Whole Grain Saltine Crackers &amp; Cheese            Lunch: Homemade Cheese Pizza, Peas &amp; Peaches            Snack: Graham Crackers &amp; Orange Slices</p>	<p>24 Breakfast: Cinnamon Toast &amp; Fruit            Snack: Carrots, Ranch Dressing &amp; Whole Grain Rice Crackers            Lunch: Beefy Mac, Salad &amp; Mixed Fruit            Snack: Banana &amp; Whole Grain Gold Fish Crackers</p>	<p>25 Breakfast: French Toast &amp; Bananas            Snack: Cucumbers &amp; Whole Grain Saltine Crackers            Lunch: Whole Grain Cheese Quesadilla, Mixed Veggies, Apple Sauce            Snack: Orange Slices &amp; Pretzels</p>	<p>26 Breakfast: Whole Grain Life Cereal &amp; Banana            Snack: Graham Crackers &amp; Banana            Lunch: Turkey Roll Up w/Salad &amp; Mixed Fruit            Snack: KWLC Snack Mix</p>
<p>29 Breakfast: Pancakes &amp; Raisins            Snack: Whole Grain Saltine Crackers &amp; Cheese            Lunch: Chicken Nuggets, Salad &amp; Peaches            Snack: Whole Grain Gold Fish Crackers &amp; Apple Slices</p>	<p>30 Breakfast: Whole Grain Cheerios Cereal &amp; Raisins            Snack: Carrot's w/Ranch &amp; Whole Grain Crackers            Lunch: Mac &amp; Cheese, Broccoli &amp; Mandarin Oranges            Snack: Tortilla Chips &amp; Salsa</p>	<p>31 Breakfast: Cinnamon Toast &amp; Fruit            Snack: Apple Sauce &amp; Gold Fish Crackers            Lunch: Whole Grain Cheese Quesadilla, Peas &amp; Carrots &amp; Pear            Snack: Orange Slices &amp; Whole Grain Crackers</p>	<p>3 Breakfast: Waffles &amp; Bananas            Snack: Cucumber's w/ Ranch &amp; Whole Grain Crackers            Lunch: Chicken Fried Rice, w/Mixed Veggie &amp; Apple Sauce            Snack: Apple Slices &amp; Pretzels</p>	<p>4 Breakfast: Whole Grain Life Cereal &amp; Raisins            Snack: Strawberry Yogurt &amp; Crackers            Lunch: Whole Grain Turkey Sandwich, Salad &amp; Mixed Fruit            Snack: KWLC Snack Mix</p>
<p>29 Breakfast: Pancakes &amp; Raisins            Snack: Whole Grain Saltine Crackers &amp; Cheese            Lunch: Chicken Nuggets, Salad &amp; Peaches            Snack: Whole Grain Gold Fish Crackers &amp; Apple Slices</p>	<p>30 Breakfast: Whole Grain Cheerios Cereal &amp; Raisins            Snack: Carrot's w/Ranch &amp; Whole Grain Crackers            Lunch: Mac &amp; Cheese, Broccoli &amp; Mandarin Oranges            Snack: Tortilla Chips &amp; Salsa</p>	<p>31 Breakfast: Cinnamon Toast &amp; Fruit            Snack: Apple Sauce &amp; Gold Fish Crackers            Lunch: Whole Grain Cheese Quesadilla, Peas &amp; Carrots &amp; Pear            Snack: Orange Slices &amp; Whole Grain Crackers</p>	<p>3 Breakfast: Waffles &amp; Bananas            Snack: Cucumber's w/ Ranch &amp; Whole Grain Crackers            Lunch: Chicken Fried Rice, w/Mixed Veggie &amp; Apple Sauce            Snack: Apple Slices &amp; Pretzels</p>	<p>4 Breakfast: Whole Grain Life Cereal &amp; Raisins            Snack: Strawberry Yogurt &amp; Crackers            Lunch: Whole Grain Turkey Sandwich, Salad &amp; Mixed Fruit            Snack: KWLC Snack Mix</p>