



\*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
			1 Breakfast: Waffles & Bananas Snack: Cucumber's w/ Ranch & Whole Grain Crackers Lunch: Chicken Fried Rice, w/Mixed Veggie & Apple Sauce Snack: Apple Slices & Pretzels	2 Breakfast: Whole Grain Life Cereal & Raisins Snack: Strawberry Yogurt & Crackers Lunch: Whole Grain Turkey Sandwich, Salad & Mixed Fruit Snack: KWLC Snack Mix
5 Breakfast: Pancakes & Raisins Snack: Whole Grain Crackers & Apple Sauce Lunch: Whole Grain Grilled Cheese Sandwich, Peas, Pineapple Tidbits Snack: Tortilla Chips & Salsa	6 Breakfast: Whole Grain Cheerios Cereal & Orange Snack: Rice Cracker & Cucumber Lunch: Chicken Pasta, Corn, Mixed Fruit Snack: Graham Crackers & Orange Slices	7 Breakfast: Cinnamon Toast & fruit Snack: Strawberry Yogurt & Pretzels Lunch: Hamburger on Whole Grain Buns w/Salad & Peaches Snack: Banana & Goldfish Crackers	8 Breakfast: French Toast & Bananas Snack: Baked Multi Whole Grain Wheat Crisps & Apple Sauce Lunch: Homemade Cheesy Beefy Mac, Green Bean & Peas Snack: Apples & Whole Grain Crackers	9 Breakfast: Whole Grain Life Cereal & Raisins Snack: Cheese & Whole Grain Crackers Lunch: Turkey Sandwich w/Salad & Mixed Fruit Snack: KWLC Snack Mix
12 Breakfast: Pancakes & Raisins Snack: Carrot's w/ Ranch & Whole Grain Saltine Crackers Lunch: Chicken Nuggets, Peas, Applesauce Snack: Whole Grain Gold Fish Crackers & Apple Slices	13 Breakfast: Whole Grain Cheerios Cereal & Raisins Snack: Whole Grain Pizza Cheese Toast Lunch: Beef Spaghetti, Corn & Mixed Fruit Snack: Pretzels & Orange Slices	14 Breakfast: Cinnamon Toast & fruit Snack: Cheese & Whole Grain Crackers Lunch: Chicken Fried Brown Rice w/Mixed Veggie, & Pineapple Tidbits Snack: Tortilla Chips & Salsa	15 Breakfast: Multi grain Waffles & Bananas Snack: Cucumber w/ Ranch & Crackers Lunch: Whole grain Grilled Cheese, Carrots & Peaches Snack: Graham Cracker & Banana	16 Breakfast: Whole grain Life Cereal & Banana Snack: Strawberry Yogurt & Crackers Lunch: Whole grain Turkey & Cheese Melt w/Salad & Mixed Fruit Snack: KWLC Snack Mix
19 Breakfast: Pancakes & Raisins Snack: Baked Multi Whole Grain Wheat Crisps & Apple Sauce Lunch: Whole Grain Grilled Cheese, Mixed Veggies & Mixed Fruit Snack: Tortilla Chips & Salsa	20 Breakfast: Whole Grain Cheerios Cereal & Apple slices Snack: Whole Grain Saltine Crackers & Cheese Lunch: Homemade Cheese Pizza, Peas & Peaches Snack: Graham Crackers & Orange Slices	21 Breakfast: Cinnamon Toast & Cream Cheese Snack: Carrots, Ranch Dressing & Whole Grain Rice Crackers Lunch: Beefy Mac, Salad & Mixed Fruit Snack: Banana & Whole Grain Gold Fish Crackers	22 Breakfast: French Toast & Bananas Snack: Cucumbers & Whole Grain Saltine Crackers Lunch: Whole Grain Cheese Quesadilla, Mixed Veggies, Apple Sauce Snack: Orange Slices & Pretzels	23 Breakfast: Whole Grain Life Cereal & Banana Snack: Graham Crackers & Banana Lunch: Turkey Roll Up w/Salad & Mixed Fruit Snack: KWLC Snack Mix
26 Breakfast: Pancakes & Raisins Snack: Whole Grain Saltine Crackers & Cheese Lunch: Chicken Nuggets, Salad & Peaches Snack: Whole Grain Gold Fish Crackers & Apple Slices	27 Breakfast: Whole Grain Cheerios Cereal & Raisins Snack: Carrot's w/Ranch & Whole Grain Crackers Lunch: Mac & Cheese, Broccoli & Mandarin Oranges Snack: Tortilla Chips & Salsa	28 Breakfast: Cinnamon Toast & fruit Snack: Apple Sauce & Gold Fish Crackers Lunch: Whole Grain Cheese Quesadilla, Peas & Carrots & Pear Snack: Orange Slices & Whole Grain Crackers	29 Breakfast: Waffles & Bananas Snack: Cucumber's w/ Ranch & Whole Grain Crackers Lunch: Chicken Fried Rice, w/Mixed Veggie & Apple Sauce Snack: Apple Slices & Pretzels	30 Breakfast: Whole Grain Life Cereal & Raisins Snack: Strawberry Yogurt & Crackers Lunch: Whole Grain Turkey Sandwich, Salad & Mixed Fruit Snack: KWLC Snack Mix