



# October 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                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                  | 2 Breakfast: Whole Grain Cheerios Cereal & Orange<br>Snack: Rice Cracker & Cucumber<br>Lunch: Ravioli, Corn, Mixed Fruit<br>Snack: Graham Crackers & Orange Slices                                          | 3 Breakfast: Cinnamon Toast & Fruit<br>Snack: Strawberry Yogurt & Pretzels<br>Lunch: Hamburger on Whole Grain Buns w/Salad & Peaches<br>Snack: Banana & Goldfish Crackers                          | 4 Breakfast: French Toast & Bananas<br>Snack: Baked Multi Whole Grain Wheat Crisps & Apple Sauce<br>Lunch: Hot Dog on a Bun, Green Bean & Pears<br>Snack: Apples & Whole Grain Crackers | 5 Breakfast: Whole Grain Life Cereal & Raisins<br>Snack: Cheese & Whole Grain Crackers<br>Lunch: Turkey Roll Up w/Salad & Mixed Fruit<br>Snack: KWLC Snack Mix             |
| 9 Breakfast: Pancakes & Raisins<br>Snack: Carrot's w/ Ranch & Whole Grain Saltine Crackers<br>Lunch: Chicken Nuggets, Peas, Applesauce<br>Snack: Whole Grain Gold Fish Crackers & Apple Slices   | 10 Breakfast: Whole Grain Cheerios Cereal & Raisins<br>Snack: Whole Grain Pizza Cheese Toast<br>Lunch: Beef Spaghetti Pasta, Corn & Mixed Fruit<br>Snack: Pretzels & Orange Slices                          | 11 Breakfast: Cinnamon Toast & Berries<br>Snack: Cheese & Whole Grain Crackers<br>Lunch: Homemade Cheese Pizza w/Mixed Veggie, & Mandarin Oranges<br>Snack: Tortilla Chips & Salsa                 | 12 Breakfast: Multi grain Waffles & Bananas<br>Snack: Cucumber w/ Ranch & Crackers<br>Lunch: Classic Corn Dog, Carrots & Peaches<br>Snack: Graham Cracker & Banana                      | 13 Granola Cereal & Bananas<br>Snack: Animal Crackers & Mandarin Oranges<br>Lunch: Whole Grain Turkey Sandwich w/Salad & Mixed Fruit<br>Snack: KWLC Snack Mix              |
| 16 Breakfast: Pancakes & Raisins<br>Snack: Baked Multi Whole Grain Wheat Crisps & Apple Sauce<br>Lunch: Whole Grain Grilled Cheese, Mixed Veggies & Mixed Fruit<br>Snack: Tortilla Chips & Salsa | 17 Breakfast: Whole Grain Cheerios Cereal & Apple slices<br>Snack: Whole Grain Saltine Crackers & Cheese<br>Lunch: Homemade Beef Hard Shell Tacos, Corn & Peaches<br>Snack: Graham Crackers & Orange Slices | 18 Breakfast: Strawberry Yogurt & Berries<br>Snack: Carrots, Ranch Dressing & Whole Grain Rice Crackers<br>Lunch: Beefy Mac, Salad & Mixed Fruit<br>Snack: Banana & Whole Grain Gold Fish Crackers | 19 Breakfast: French Toast & Bananas<br>Snack: Cucumbers & Whole Grain Saltine Crackers<br>Lunch: Tater Tot Casserole, Mixed Veggies, Apple Sauce<br>Snack: Orange Slices & Pretzels    | 20 Breakfast: Whole Grain Life Cereal & Raisins<br>Snack: Graham Crackers & Banana<br>Lunch: Turkey Roll Up w/Salad & Mixed Fruit<br>Snack: KWLC Snack Mix                 |
| 23 Breakfast: Pancakes & Raisins<br>Snack: Whole Grain Saltine Crackers & Cheese<br>Lunch: Chicken Nuggets, Salad & Peaches<br>Snack: Whole Grain Gold Fish Crackers & Apple Slices              | 24 Breakfast: Whole Grain Cheerios Cereal & Raisins<br>Snack: Carrot's w/Ranch & Whole Grain Crackers<br>Lunch: Mac & Cheese, Broccoli & Mandarin Oranges<br>Snack: Tortilla Chips & Salsa                  | 25 Breakfast: Cinnamon Toast & Berries<br>Snack: Strawberry Yogurt & Pretzels<br>Lunch: Beef Sloppy Joe, Salad w/ Ranch & Pear<br>Snack: Orange Slices & Whole Grain Crackers                      | 26 Breakfast: Waffles & Bananas<br>Snack: Cucumber's w/ Ranch & Whole Grain Crackers<br>Lunch: Chicken Penne Pasta, w/Mixed Veggie & Apple Sauce<br>Snack: Apple Slices & Pretzels      | 27 Breakfast: Whole Grain Life Cereal & Bananas<br>Snack: Strawberry Yogurt & Crackers<br>Lunch: Whole Grain Turkey Sandwich, Salad & Mixed Fruit<br>Snack: KWLC Snack Mix |
| 30 Breakfast: Pancakes & Raisins<br>Snack: Whole Grain Crackers & Apple Sauce<br>Lunch: Whole Grain Grilled Cheese Sandwich, Peas, Mandarin Oranges<br>Snack: Tortilla Chips & Salsa             | 31 Breakfast: Whole Grain Cheerios Cereal & Orange<br>Snack: Rice Cracker & Cucumber<br>Lunch: Ravioli, Corn, Mixed Fruit<br>Snack: Graham Crackers & Orange Slices                                         |                                                                                                                                                                                                    |                                                                                                                                                                                         |                                                                                                                                                                            |