



*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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast: Whole Grain Life Cereal & Raisins Snack: Cheese & Whole Grain Crackers Lunch: Turkey Roll Up w/Salad & Mixed Fruit Snack: KWLC Snack Mix
4 Happy Labor Day NO SCHOOL	5 Breakfast: Whole Grain Cheerios Cereal & Raisins Snack: Whole Grain Pizza Cheese Toast Lunch: Beef Spaghetti Pasta, Corn & Mixed Fruit Snack: Pretzels & Orange Slices	6 Breakfast: Cinnamon Toast & Berries Snack: Cheese & Whole Grain Crackers Lunch: Homemade Cheese Pizza w/Mixed Veggie, & Mandarin Oranges Snack: Tortilla Chips & Salsa	7 Breakfast: Multi grain Waffles & Bananas Snack: Cucumber w/ Ranch & Crackers Lunch: Classic Corn Dog, Carrots & Peaches Snack: Graham Cracker & Banana	8 Granola Cereal & Bananas Snack: Animal Crackers & Mandarin Oranges Lunch: Whole Grain Turkey Sandwich w/Salad & Mixed Fruit Snack: KWLC Snack Mix
11 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	12 Breakfast: Whole Grain Cheerios Cereal & Apple slices Snack: Whole Grain Saltine Crackers & Cheese Lunch: Homemade Beef Hard Shell Tacos, Corn & Peaches Snack: Graham Crackers & Orange Slices	13 Breakfast: Strawberry Yogurt & Berries Snack: Carrots, Ranch Dressing & Whole Grain Rice Crackers Lunch: Beefy Mac, Salad & Mixed Fruit Snack: Banana & Whole Grain Gold Fish Crackers	14 Breakfast: French Toast & Bananas Snack: Cucumbers & Whole Grain Saltine Crackers Lunch: Tater Tot Casserole, Mixed Veggies, Apple Sauce Snack: Orange Slices & Pretzels	15 Breakfast: Whole Grain Life Cereal & Raisins Snack: Graham Crackers & Banana Lunch: Turkey Roll Up w/Salad & Mixed Fruit Snack: KWLC Snack Mix
18 Breakfast: Pancakes & Raisins Snack: Whole Grain Saltine Crackers & Cheese Lunch: Chicken Nuggets, Salad & Peaches Snack: Whole Grain Gold Fish Crackers & Apple Slices	19 Breakfast: Whole Grain Cheerios Cereal & Raisins Snack: Carrot's w/Ranch & Whole Grain Crackers Lunch: Mac & Cheese, Broccoli & Mandarin Oranges Snack: Tortilla Chips & Salsa	20 Breakfast: Cinnamon Toast & Berries Snack: Strawberry Yogurt & Pretzels Lunch: Beef Sloppy Joe, Salad w/ Ranch & Pear Snack: Orange Slices & Whole Grain Crackers	21 Breakfast: Waffles & Bananas Snack: Cucumber's w/ Ranch & Whole Grain Crackers Lunch: Chicken Penne Pasta, w/Mixed Veggie & Apple Sauce Snack: Apple Slices & Pretzels	22 Breakfast: Whole Grain Life Cereal & Bananas Snack: Strawberry Yogurt & Crackers Lunch: Whole Grain Turkey Sandwich, Salad & Mixed Fruit Snack: KWLC Snack Mix
25 Breakfast: Pancakes & Raisins Snack: Whole Grain Crackers & Apple Sauce Lunch: Whole Grain Grilled Cheese Sandwich, Peas, Mandarin Oranges Snack: Tortilla Chips & Salsa	26 Breakfast: Whole Grain Cheerios Cereal & Orange Snack: Rice Cracker & Cucumber Lunch: Ravioli, Corn, Mixed Fruit Snack: Graham Crackers & Orange Slices	27 Breakfast: Cinnamon Toast & Fruit Snack: Strawberry Yogurt & Pretzels Lunch: Hamburger on Whole Grain Buns w/Salad & Peaches Snack: Banana & Goldfish Crackers	28 Breakfast: French Toast & Bananas Snack: Baked Multi Whole Grain Wheat Crisps & Apple Sauce Lunch: Hot Dog on a Bun, Green Bean & Peas Snack: Apples & Whole Grain Crackers	29 Breakfast: Whole Grain Life Cereal & Raisins Snack: Cheese & Whole Grain Crackers Lunch: Turkey Roll Up w/Salad & Mixed Fruit Snack: KWLC Snack Mix