



\*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)

## HEALTHY MENU (KWLC is part of CACFP program)

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Breakfast: Rice Krispies, Apple Slices            Snack: Heb Brand Deli Bite Vegetable Cracker, Banana            Lunch: Bean and Cheese Burrito on a WG Flour Tortilla, Broccoli &amp; Mandarin Oranges            Snack: Watermelon &amp; Whole Grain Goldfish</p>	<p>2 Breakfast: Cinnamon Toast &amp; Berries            Snack: Cottage Cheese and Strawberries            Lunch: Hamburger on Whole Grain Buns w/Salad &amp; Peaches            Snack: Rice Cakes &amp; Yogurt</p>	<p>3 Breakfast: French Toast &amp; Bananas            Snack: Mini Bagels, Cream Cheese, Strawberries            Lunch: Hot Dog on a Bun, Green Bean &amp; Pears            Snack: Baked Multi Whole Grain Wheat Crisps &amp; Apple Sauce</p>	<p>4 Breakfast: Frosted Mini-Wheats, Bananas            Snack: Cheese &amp; Club Crackers            Lunch: Turkey Sandwich w/Salad &amp; Broccoli Florets            Snack: KWLC Snack Mix            Granny Smith Apple</p>
<p>7 Breakfast: Pancakes &amp; Raisins            Snack: Carrots w/ Ranch &amp; Whole Grain Saltine Crackers            Lunch: Corn Dog, Salad &amp; Corn            Snack: Pretzels &amp; Watermelon</p>	<p>8 Breakfast: Multi Grain Cheerios Cereal &amp; Raisins            Snack: Whole Grain Pizza Cheese Toast            Lunch: Beef Spaghetti Pasta, Tomato and Cucumber, Rolls            Snack: Pretzels, Cantaloupe            Inf-Tod: Apple Sauce &amp; Whole Grain Goldfish Cracker</p>	<p>9 Breakfast: Cinnamon Toast &amp; Berries            Snack: Cheese &amp; Whole Grain Triscuit Crackers            Lunch: Homemade Cheese Pizza w/Mixed Veggie, &amp; Mandarin Oranges            Snack: Tortilla Chips &amp; Salsa            Inf-Tod: Whole Grain Crackers, Mandarin Oranges</p>	<p>10 Breakfast: Waffles &amp; Bananas            Snack: Honey Dew &amp; Whole Grain Crackers            Lunch: BBQ Baked Chicken, Roll Broccoli, Sweet Potato Fries            Snack: Graham Cracker &amp; Banana</p>	<p>11 Croissant, Mixed Berries            Snack: Whole Grain Ritz &amp; Mandarin Oranges            Lunch: Whole Grain Turkey Roll Up w/Salad &amp; Carrots            Snack: KWLC Snack Mix            Pears</p>
<p>14 Breakfast: Pancakes &amp; Raisins            Snack: Baked Multi Whole Grain Wheat Crisps &amp; Apple Sauce            Lunch: Chicken Nuggets, Mashed Potatoes, Green Beans            Snack: Tortilla Chips &amp; Salsa            Inf-Tod: Saltine crackers, Pears</p>	<p>15 Breakfast: Rice Krispies, Apple slices            Snack: Low Fat Cottage Cheese and Strawberries            Lunch: Homemade Beef Hard Shell Tacos, Corn &amp; Peaches            Snack: Graham Crackers &amp; Orange Slices</p>	<p>16 Breakfast: Cinnamon Toast &amp; Berries            Snack: Whole Grain Cheese Toast            Lunch: Chicken Patty Sandwiches, Peas, Apple Sauce            Snack: Banana &amp; Whole Grain Goldfish Crackers</p>	<p>17 Breakfast: French Toast &amp; Berries            Snack: Apples, Sun Butter            Lunch: Whole Grain Chicken Penne Pasta, Cucumber and Tomato            Snack: Mandarin &amp; Whole Grain Crackers</p>	<h2 style="margin: 0;">KWLC CLOSED</h2>
<p>21 Breakfast: Pancakes &amp; Raisins            Snack: Fresh Mandarin &amp; Pretzels            Lunch: Corn Dog, Salad, &amp; Corn            Snack: Orange Slices &amp; Whole Grain Crackers</p>	<p>22 Breakfast Multi Grain Cheerios Cereal &amp; Raisins            Snack: Apples &amp; String Cheese            Lunch: Ravioli, Green Beans, Cucumber and Tomato, Roll            Snack: Graham Crackers &amp; Cantaloupe</p>	<p>23 Breakfast: Cinnamon Toast &amp; Berries            Snack: Whole Grain Triscuits &amp; Cheese            Lunch: Beef Sloppy Joe, Salad w/ Ranch &amp; Pears            Snack: Sun Butter &amp; Apple Slices</p>	<p>24 Breakfast: Waffles &amp; Bananas            Snack: Mini Bagels, Cream Cheese, Strawberries            Lunch: Mac &amp; Cheese, Mixed Vegetables &amp; Apple Sauce            Snack: Fresh Mandarin &amp; Pretzels</p>	<p>25 Breakfast: Croissant, Mixed Berries            Snack: Strawberry Yogurt &amp; Rice Cakes            Lunch: Whole Grain Tortilla Turkey Roll Up, Salad &amp; Carrots            Snack: KWLC Snack Mix            Pears</p>
<p>28 Breakfast: Pancakes &amp; Raisins            Snack: Chicken in a Biscuit baked snack cracker, String Cheese            Lunch: Chicken Nuggets, Green Beans, Mashed Potatoes            Snack: Tortilla Chips &amp; Salsa</p>	<p>29 Breakfast: Rice Krispies, Apple Slices            Snack: Heb Brand Deli Bite Vegetable Cracker, Banana            Lunch: Bean and Cheese Burrito on a WG Flour Tortilla, Broccoli &amp; Mandarin Oranges            Snack: Watermelon &amp; Whole Grain Goldfish</p>	<p>30 Breakfast: Cinnamon Toast &amp; Berries            Snack: Cottage Cheese and Strawberries            Lunch: Hamburger on Whole Grain Buns w/Salad &amp; Peaches            Snack: Rice Cakes &amp; Yogurt</p>		