



June 2025



*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

HEALTHY MENU (KWLC is part of CACFP program)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Rice Krispies, Apple slices Snack: Low-Fat Cottage Cheese and Strawberries Lunch: Chicken Nuggets, Mashed Potatoes, Green Beans Snack: Tortilla Chips & Salsa Inf-Tod: Saltine crackers, Pears	3 Breakfast: Pancakes & Raisins Snack: Baked Multi-Whole Grain Wheat Crisps & Apple Sauce Lunch: Homemade Beef Hard Shell Tacos, Corn & Peaches, Spanish Rice Snack: Graham Crackers & Orange Slices	4 Breakfast: Cinnamon Toast & Berries Snack: Whole Grain Cheese Toast Lunch: Chicken Patty Sandwiches, Peas, Apple Sauce Snack: Banana & Whole Grain Goldfish Crackers	5 Breakfast: French Toast & Berries Snack: Apples, Sun Butter Lunch: Whole Grain Chicken Penne Pasta, Cucumber, and Tomato Snack: Mandarin & Whole Grain Crackers	6 Breakfast: Frosted Mini-Wheats, Bananas Snack: Rice Cakes, Applesauce Lunch: Turkey Sandwich w/Salad & Broccoli Florets Snack: KWLC Snack Mix Granny Smith Apple
9 Breakfast: Pancakes & Raisins Snack: Fresh Mandarin & Pretzels Lunch: Corn Dog, Salad, & Corn Snack: Orange Slices & Whole Grain Crackers	10 Breakfast: Multi-Grain Cheerios Cereal & Raisins Snack: Apples & String Cheese Lunch: Ravioli, Green Beans, Cucumber Roll Snack: Graham Crackers & Cantaloupe	11 Breakfast: Cinnamon Toast & Berries Snack: Whole Grain Triscuits & Cheese Lunch: Beef Sloppy Joe, Salad w/ Ranch & Pears Snack: Sun Butter & Apple Slices	12 Breakfast: Waffles & Bananas Snack: Mini Bagels, Cream Cheese, Strawberries Lunch: Mac & Cheese, Mixed Vegetables & Apple Sauce Snack: Fresh Mandarin & Pretzels	13 Breakfast: Croissant, Mixed Berries Snack: Strawberry Yogurt & Rice Cakes Lunch: Whole Grain Tortilla Turkey Roll Up, Salad & Carrots Snack: KWLC Snack Mix Pears
16 Breakfast: Pancakes & Raisins Snack: Chicken in a Biscuit baked snack cracker, String Cheese Lunch: Chicken Nuggets, Green Beans, Mashed Potatoes Snack: Tortilla Chips & Salsa	17 Breakfast: Rice Krispies, Apple Slices Snack: Heb Brand Deli Bite Vegetable Cracker, Banana Lunch: Bean and Cheese Ground Beef Dip on Tortilla Chips, Broccoli & Mandarin Oranges Snack: Watermelon & Whole Grain Goldfish	18 Breakfast: Cinnamon Toast & Berries Snack: Cottage Cheese and Strawberries Lunch: Hamburger on Whole Grain Buns w/Salad & Peaches Snack: Rice Cakes & Yogurt	19 Breakfast: French Toast & Bananas Snack: Mini Bagels, Cream Cheese, Strawberries Lunch: Hot Dog on a Bun, Green Bean & Pears Snack: Baked Multi-Whole Grain Wheat Crisps & Apple Sauce	20 Breakfast: Frosted Mini-Wheats, Bananas Snack: Cheese & Club Crackers Lunch: Turkey Sandwich w/Salad & Broccoli Florets Snack: KWLC Snack Mix Granny Smith Apple
23 Breakfast: Pancakes & Raisins Snack: Carrots w/ Ranch & Whole Grain Saltine Crackers Lunch: Corn Dog, Salad & Corn Snack: Pretzels & Watermelon	24 Breakfast: Pancakes & Raisins Snack: Chicken in a Biscuit baked snack cracker, String Cheese Lunch: Chicken Nuggets, Green Beans, Mashed Potatoes Snack: Tortilla Chips & Salsa	25 Breakfast: Rice Krispies, Apple Slices Snack: Heb Brand Deli Bite Vegetable Cracker, Banana Lunch: Bean and Cheese Ground Beef Dip on Tortilla Chips, Broccoli & Mandarin Oranges Snack: Watermelon & Whole Grain Goldfish	26 Breakfast: Cinnamon Toast & Berries Snack: Cottage Cheese and Strawberries Lunch: Hamburger on Whole Grain Buns w/Salad & Peaches Snack: Rice Cakes & Yogurt	27 Breakfast: French Toast & Bananas Snack: Mini Bagels, Cream Cheese, Strawberries Lunch: Hot Dog on a Bun, Green Bean & Pears Snack: Baked Multi-Whole Grain Wheat Crisps & Apple Sauce
30 Breakfast: Rice Krispies, Apple slices Snack: Low-Fat Cottage Cheese and Strawberries Lunch: Chicken Nuggets, Mashed Potatoes, Green Beans Snack: Tortilla Chips & Salsa Inf-Tod: Saltine crackers, Pears				