



*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
			<p>1 Breakfast: French Toast & Bananas Snack: Cucumbers & Whole Grain Saltine Crackers Lunch: Whole Grain Cheese Quesadilla, Mixed Veggies, Apple Sauce Snack: Orange Slices & Pretzels</p>	<p>2 Breakfast: Whole Grain Life Cereal & Banana Snack: Graham Crackers & Banana Lunch: Turkey Roll Up w/Salad & Mixed Fruit Snack: KWLC Snack Mix</p>
<p>5 Breakfast: Pancakes & Raisins Snack: Whole Grain Saltine Crackers & Cheese Lunch: Chicken Nuggets, Salad & Peaches Snack: Whole Grain Gold Fish Crackers & Apple Slices</p>	<p>6 Breakfast: Whole Grain Cheerios Cereal & Raisins Snack: Carrot's w/Ranch & Whole Grain Crackers Lunch: Mac & Cheese, Broccoli & Mandarin Oranges Snack: Tortilla Chips & Salsa</p>	<p>7 Breakfast: Whole Grain Bagels & Cream Cheese & fruit Snack: Apple Sauce & Gold Fish Crackers Lunch: Whole Grain Cheese Quesadilla, Peas & Carrots & Pear Snack: Orange Slices & Whole Grain Crackers</p>	<p>8 Breakfast: Waffles & Bananas Snack: Cucumber's w/ Ranch & Whole Grain Crackers Lunch: Chicken Fried Rice, w/Mixed Veggie & Apple Sauce Snack: Apple Slices & Pretzels</p>	<p>9 Breakfast: Whole Grain Life Cereal & Raisins Snack: Strawberry Yogurt & Crackers Lunch: Whole Grain Turkey Sandwich, Salad & Mixed Fruit Snack: KWLC Snack Mix</p>
<p>12 Breakfast: Pancakes & Raisins Snack: Whole Grain Crackers & Apple Sauce Lunch: Whole Grain Grilled Cheese Sandwich, Peas, Pineapple Tidbits Snack: Tortilla Chips & Salsa</p>	<p>13 Breakfast: Whole Grain Cheerios Cereal & Orange Snack: Rice Cracker & Cucumber Lunch: Chicken Pasta, Corn, Mixed Fruit Snack: Graham Crackers & Orange Slices</p>	<p>14 Breakfast: Whole Grain Bagels & Cream Cheese & fruit Snack: Strawberry Yogurt & Pretzels Lunch: Hamburger on Whole Grain Buns w/Salad & Peaches Snack: Banana & Goldfish Crackers</p>	<p>15 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</p>	<p>16 Breakfast: Whole Grain Life Cereal & Raisins Snack: Cheese & Whole Grain Crackers Lunch: Turkey Sandwich w/Salad & Mixed Fruit Snack: KWLC Snack Mix</p>
<p>19 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</p>	<p>20 Breakfast: Whole Grain Cheerios Cereal & Raisins Snack: Whole Grain Pizza Cheese Toast Lunch: Beef Spaghetti, Corn & Mixed Fruit Snack: Pretzels & Orange Slices</p>	<p>21 Breakfast: Bagels & Cream Cheese & fruit Snack: Cheese & Whole Grain Crackers Lunch: Chicken Fried Brown Rice w/Mixed Veggie, & Pineapple Tidbits Snack: Tortilla Chips & Salsa</p>	<p>22 Breakfast: Multi grain Waffles & Bananas Snack: Cucumber w/ Ranch & Crackers Lunch: Whole grain Grilled Cheese, Carrots & Peaches Snack: Graham Cracker & Banana</p>	<p style="text-align: center;">No School</p> <p style="text-align: center;">Merry Christmas!</p>
<p style="text-align: center;">No School</p> <p style="text-align: center;">Merry Christmas!</p>	<p>27 Breakfast: Whole Grain Cheerios Cereal & Apple slices Snack: Whole Grain Saltine Crackers & Cheese Lunch: Homemade Cheese Pizza, Peas & Peaches Snack: Graham Crackers & Orange Slices</p>	<p>28 Breakfast: Whole Grain Bagels & Cream Cheese Snack: Carrots, Ranch Dressing & Whole Grain Rice Crackers Lunch: Beefy Mac, Salad & Mixed Fruit Snack: Banana & Whole Grain Gold Fish Crackers</p>	<p>29 Breakfast: French Toast & Bananas Snack: Cucumbers & Whole Grain Saltine Crackers Lunch: Whole Grain Cheese Quesadilla, Mixed Veggies, Apple Sauce Snack: Orange Slices & Pretzels</p>	<p>30 Breakfast: Whole Grain Life Cereal & Banana Snack: Graham Crackers & Banana Lunch: Turkey Roll Up w/Salad & Mixed Fruit Snack: KWLC Snack Mix</p>



December 2022



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