Fall/Winter 2026

Kids R Kids Learning Academy Eagle Springs

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Blueberries Milk	Whole Grain Waffles Bananas Milk	Cereal Strawberries Milk	Pancakes, Turkey Bacon Fresh Fruit Milk	Cereal Oranges Milk
Lunch	Chicken Nuggets Carrots Apple Slices Milk	Lasagna Green Beans Pears Milk	Red Beans & Rice w/ Sausage Corn Peaches Milk	Chicken & Rice Mixed Veggies Pears Milk	Turkey & Cheese Sandwich Lettuce, Sunchips Fruit Cocktail Milk
Snack PM	Fig bars Oranges Water	Chex Mix Applesauce Water	Rice Cakes Sliced Apples Water	Tiger Bites Crackers Craisins Water	Yogurt Cheerios Water
Dinner	Chicken Nuggets, Carrots Apple Slices Milk	Sliced Pepperoni, Cheese, Pickles, Crackers Peaches Milk	Red Beans & Rice w/ Sausage Corn Peaches Milk	Chicken & Rice Mixed Veggies Pears Milk	Turkey & Cheese Sandwich Lettuce Fruit Cocktail Milk
Week 2	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	French Toast Blueberries Milk	Whole Grain Waffles Bananas Milk	Cereal Strawberries Milk	Pancakes, Turkey Bacon Fresh Fruit Milk	Cereal Oranges Milk
Lunch	Fish Sticks Peas Orange Slices Milk	Ground Beef Tacos Lettuce, Mex Rice Pineapples Milk	Sweet & Sour Chicken Rice Green Beans Pears Milk	Chicken Pot Pie with Peas & Carrots Oranges Milk	Grilled Cheese Tomato Soup Peaches Milk
Snack PM	String Cheese Club Crackers Water	Goldfish Apple Slices Water	Raisin Bread Cream Cheese Water	Teddy Grahams Craisins Water	Carrots w/ Ranch Club Crackers Water
Dinner	Fish Sticks Peas Orange Slices Milk	Sliced Pepperoni, Cheese, Pickles, Crackers Peaches Milk	Sweet & Sour Chicken Rice Green Beans Pears Milk	Chicken Pot Pie with Peas & Carrots Oranges Milk	Grilled Cheese Green Beans Peaches Milk

*Breakfast and Lunch & Dinner are served with 1% milk for children ages 24 months and up. Children ages 12-23 months are served whole milk.
*All snacks are served with water.
*Cereals Offered: Cheerios, Chex, Rice Krispies, Cinnamon Toast Crunch