



Kids 'R' Kids of Lake Conroe March Menu

Week 1/5	Monday March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6
Breakfast	Waffles and Blueberries w/Milk	French Toast Sticks and Strawberries w/ Milk	Oatmeal and Warm Apples w/Milk	Wheat Toast with Apricot Jam w/ Milk	Cheerios with Strawberries w/Milk
AM	Bananas with Animal Crackers	Oranges & Wheat Crackers*	Yogurt Parfait with Sliced Berries	Goldfish and Applesauce	Seasonal Fruit & Soft Pretzels
Lunch	Cheese Pizza, Chopped Salad w/ Ranch, Melon	Chicken and Spanish Rice, Salad w/ Ranch, Matchstick Apples	Chicken Patty on a Bun, Fries, Green Beans, Peaches	Chicken Cheese, Quesadilla, Rice, Sauteed Peppers, Sliced Pears	Grilled Cheese w/ Tomato Soup, Applesauce
Vegetarian		<i>Spanish Rice with Black Beans</i>	<i>Veggie Patty on a Bun</i>	<i>Cheese Quesadilla</i>	
PM	Carrot Sticks* w/ Ranch Yogurt dip	Bananas, Nilla Wafers	Homemade Pound Cake, Milk	Homemade Bananas Muffins w/ Milk	Oreos, Milk
Week 2	Monday March 9	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13
Breakfast	Waffles and Blueberries w/ Milk	French Toast Sticks and Strawberries w/ Milk	English Muffins with Orange Marmalade	Cheddar Cheese Toast w/ Watermelon	Cheerios with Kiwi w/Milk
AM	Strawberries w/ Graham Crackers	Cinnamon Apples, Milk	Club Crackers, Pineapples	Celery*, Cheese Cubes	Matchstick Cucumber w/ Ranch & Ritz Crackers
Lunch	Spaghetti w/ Meatballs, Texas Toast, Corn, Pineapples	Mac & Cheese w/ Turkey Broccoli, Sliced Peaches	Italian Chicken and Spinach Pasta Bake w/ Matchstick Apples	Tomato Soup, Grilled Cheese, Applesauce	Baked Ziti with turkey crumbles, Green beans, Strawberries
Vegetarian	<i>Spaghetti with Sauce</i>	<i>Mac & Cheese</i>	<i>Spinach Pasta Bake</i>		
PM	Pita Chips* w/ Hummus	Homemade Oatmeal Cookies w/ Milk	Homemade Zucchini Bread w/ Milk	Organic White Cheddar Puffs w/ Milk	Cheese slices, Townhouse Crackers
Week 3	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20
Breakfast	Waffles and Blueberries w/Milk	French Toast Sticks and Strawberries w/ Milk	Cheese Grits w/ Turkey Bacon	Cheese Toast, Oranges	Cheerios with Bananas w/Milk
AM	Fig Newtons w/ Milk	Apple slices, granola	Sliced Bananas, Ritz crackers	Goldfish, Sliced pears	Wheat thins, sliced oranges
Lunch	Chicken Alfredo, Peas, Peaches	Beef and Bean Burritos and Fresh Green Beans w/ Watermelon	Sloppy Joe Sandwiches with Steamed Carrots Corn, Sliced Pears	Spinach Cheese Ravioli with Marinara Sauce and Steamed Broccoli w/ Matchstick Pears	Frito Chip Pie and Sautéed Carrots and Matchstick Apples
Vegetarian	<i>Alfredo sauce w/ noodles</i>	<i>Bean and Cheese Burritos</i>	<i>Veggie Sloppy Joes</i>	<i>Ziti w/ Marinara sauce</i>	
PM	Homemade Apple Turnovers w/ Milk	Mozzarella Sticks w/ Marinara Sauce	Homemade Snickerdoodle Cookies w/ Milk	Soft Pretzels & Cheese Sauce	Homemade Chocolate Chip Cookie Brownies w/ Milk
Week 4	Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	Friday March 27
Breakfast	Pancakes w/ Syrup, Peaches	Buttered Grits, Bananas	Blueberry Bagels, cream cheese	Wheat Toast with Apricot Jam	Cheerios w/ Sliced Strawberries w/ Milk
AM	Vanilla Pudding, Banana slices	Cheez-its, Sliced Kiwi	Graham crackers, Cream Cheese	Sliced Oranges, Animal crackers	Whole Grain Fruit Bars, Milk
Lunch	Pesto Cheese Tortellini, Spinach and Strawberry Salad with Raspberry Vinaigrette	Oven Baked Chicken Nuggets with Mashed Sweet Potatoes, Berries	Veggie Lasagna with Whole Wheat Rolls, Sliced Pears	Chicken Teriyaki w/ rice, Broccoli, Sliced Honey Dew	Cheese Pizza, Salad w/ Ranch, Sliced Oranges
Vegetarian		<i>Veggie Nuggets</i>		<i>Veggie Teriyaki Stir Fry</i>	
PM	Homemade Fruit salsa, chips*	String cheese, Club Crackers	Bread sticks w/ marinara	Wow Butter, Pita Chips	Mini Assorted Muffins with Milk

Milk is served with breakfast and lunch; water is also available to the children throughout the day.

Infants- 24 months will be served whole milk. Children 2 years and up will be served 1%

**Appropriate substitutions will be made for the Toddler and Twos*

We are a Nut- Free environment! All fresh fruits are seasonal! All of our Pasta, Pizza, and Bread are whole wheat.



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National Food Holiday List

March 4

National Pound Cake Day

March 6

National Oreo Cookie Day

March 9

National Meatball Day

March 18

National Sloppy Joe Day

March 19

National Ravioli Day

March 23

National Chip and Dip Day