Kids R Kids
Mon
30
Breakfast: Belgium Waffles, Mixed
Fruit
Snack: Granola Bars
Lunch: Turkey Chili Dogs, Green
Beans, Diced Pears
Snack: Ritz Crackers, Sliced
Chanca Pannarani

KRK Menu







Closed @ 2pm

	Learning Academy	December 2020		****		
	Mon	Тие	Wed	Thu	Fri	
	30 Breakfast: Belgium Waffles, Mixed Fruit Snack: Granola Bars Lunch: Turkey Chili Dogs, Green Beans, Diced Pears Snack: Ritz Crackers, Sliced Cheese, Pepperoni	1 Breakfast: Whole Wheat Toast, Fresh mixed fruit Snack: Diced Peaches, Graham Crackers, Whipped Cream Lunch: Beefy Mac-N- Cheese, Steamed Corn, Pineapples Chunks Snack: Cheese-Its, Applesauce	Breakfast: Whole Grain Cereal & Bananas Snack: Lady Bugs on a Raft Lunch: Fish Sticks CN#5016981 Peas, Mandarin Oranges Snack: Pretzel Sticks, Cubed Cheese	3 Breakfast: Scrambled Eggs & Fresh mixed fruit Snack: Trail Mix with Gum drops Lunch: Chicken & rice, Mixed Veg, Mixed Fruit Snack: Sliced Apples, Low Fat Vanilla Yogurt	4 Breakfast: Bagels w/Cream Cheese & Jelly, Fresh mixed fruit Chef Kids: Grinch snack & Grinch Juice Lunch: Sloppy Joes, Broccoli & Diced Peaches Snack: Cheerio Trail mix & raisins After School Chef Club	
	7 Breakfast: French Toast Sticks, Apples Snack: Nutragrain Bars Lunch: Turkey Corn Dogs CN#095484, Green Beans, Diced Pears Snack: Rice Cakes, Applesauce	8 Breakfast: Buttermilk Biscuits, Oranges Snack: Bananas & Nilla wafers Lunch: Chicken & Veggie Alfredo, Mixed Veggies, Pineapples Snack: Pizza Bagels	9 Breakfast: Whole Grain Cereal & Bananas Snack: Graham crackers & Hot Coco Lunch: Hamburgers CN#085257, peas, Mandarin Oranges Snack: Animal crackers, Low Fat Vanilla Yogurt	10 Picnic @ Christmas tree farm [Architects/Engineers] Breakfast: Scrambled Eggs, Apples Snack: Sliced Cucumbers, Sour Cream Ranch Dip, Saltine Crackers Lunch: Lasagna casserole, Mixed Veggies, Mixed Fruit Snack: Apples & sunbutter	Breakfast: Pancakes with syrup, Fresh mixed fruit Chef Kids: Crumpets Lunch: Meatballs rice & gravy, Diced Peaches, Broccoli Snack: Bean Nachos	
7)	14 Breakfast: Belgium Waffles, Apples Snack: Granola Bars Lunch: Chicken Sandwich CN# ,Green beans, Diced Pears Snack: Crackers, Sliced Cheese, Pepperoni	15 Breakfast: Whole Wheat Cheese Toast, Oranges Snack: Reindeer food Lunch: Chili & cheese over rice, whole grain crackers, Pineapples Chunks Snack: Cheese-its, Applesauce	16 Breakfast: Whole Grain Cereal & Bananas Snack: Lady Bugs on a Raft Lunch: Chicken nuggets CN#, Mac- N-Cheese, Mandarin Oranges, Peas Snack: Animal Crackers, Low Fat Vanilla Yogurt	17 Breakfast: Scrambled Eggs, Hash Browns, mixed fresh fruit Snack: Vanilla wafers & pudding Lunch Tator Tot Casserole, Whole grain crackers, Mixed Veggies, Mixed Fruit Snack: Chex Mix with raisins	18 Christmas Party Breakfast: Buttermilk Biscuits, Oranges Chef Kids: Chelsea Buns Lunch: Red Beans & rice with sausage & Diced Peaches Snack: bananas & 100% juice & party items After School Chef Club	
	21 Humble ISD No School Atascita Park & Picnic (School age) Breakfast: French Toast Sticks, Fresh mixed fruit Snack: Nutragrain Bars Lunch: Steak Fingers CN#090061, Cauliflower Mashed Potatoes, Cream Gravy, Diced Pears Snack: Bananas, Graham Crackers	22 Humble ISD No School Breakfast: Buttermilk Biscuits, Fresh mixed fruit Snack: Goldfish, Raisins Lunch: Beef Tacos, Corn, Pineapples Chunks Snack: Graham Crackers, Yogurt	23 Humble ISD No School Breakfast: Whole Grain Cereal & Bananas Snack: Broccoli, Sour Cream Ranch Dip, Saltine Crackers Lunch: Cheese Pizza CN#093240 peas, Mandarin Oranges Snack: Nachos & cheese	24 Humble ISD No School Breakfast: Breakfast Tacos, Apples Snack: Pretzels & Mustard Lunch: Chicken nuggets CN#, Mix Veggies, Mixed Fruit Closed @ 2pm	Closed for the holidays Closed for Christmas	
	28 Humble ISD No School Breakfast: Belgium Waffles, Mixed Fruit Snack: Granola Bars Lunch: Turkey Chili Dogs, Green Beans, Diced Pears Snack: Ritz Crackers, Sliced Cheese, Pepperoni	29 Humble ISD No School Breakfast: Whole Wheat Toast, Fresh mixed fruit Snack: Candy cane ice cream Lunch: Beefy Mac-N- Cheese, Steamed Corn, Pineapples Chunks Snack: Cheese-Its, Applesauce	30 Humble ISD No School Breakfast: Whole Grain Cereal & Bananas Snack: Lady Bugs on a Raft Lunch: Fish Sticks CN#5016981 Peas, Mandarin Oranges Snack: Pretzel Sticks, Cubed Cheese	31 Humble ISD No School Breakfast: Scrambled Eggs & Fresh mixed fruit Snack: Trail Mix with red & green M&M's Lunch: Chick strips CNV with BBQ sauce Mixed Veg, Mixed Fruit	1. Humble ISD No School Closed for the New Year	

Month of December – Traditional & or just fun Christmas foods!

Suites 350- Priv. K participate in Chef Kids cooking class:

1st Chef Kids: Grinch Snack mix and Grinch juice- the children will measure popcorn, pretzels, green and red m & m's, and marshmallows into a Ziploc bag and shake to mix. Grinch juice will be green kool aid with strawberries.

2nd Chef Kids: Crumpets- The children will butter English muffins to create their crumpets

3rd Chef Kids: Chelsea Buns- Classes will pick a fruit topping and put it on un iced cinnamon rolls



What are traditions???

- 1. Things that we do surrounding holidays that we pass down to our children and then their children and so on....
- 2. Example: gathering for dinner with extended family Why are traditions important?
 - 1. They bond us together
 - 2. They show us that we belong

What are some holiday traditions that you do every year?

nutritious snacks from the TDA -Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham crackers; Animal crackers; Wheat crackers; English muffin (whole wheat); Rice cakes and mini rice cakes, flavored; Fig bars; Fruit or grain muffin (low-fat); Dry cereal, individual servings; Pretzels; Baked tortilla chips with salsa; Vanilla wafers; Fresh seasonal fruit; Carrots, broccoli, cauliflower with low-fat dip or salad dressing; Fruit snacks; Low-fat string cheese; Fruit/grain bars; Frozen fruit bars; 94 percent fat-free popcorn; Fruit, nut and/or grain trail mixes; Peanut butter & crackers; Fruit pico; Corn on cob with paprika or chili powder.

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