

applesauce

Dinner: Meatballs &

veggies, Bananas

2024 MENU



Carrots, Oranges

Monday	Tuesday	Wednesday	Thursday	Friday
		(Infants- Toddlers Cheerios Cereal) & Watermelon Snack: Goldfish & Raisins Lunch: BBQ chicken strips, eas, Bananas Snack: Cheese it's, Applesauce	Breakfast: Breakfast tacos, Bananas Snack: Elotes Lunch: Chicken & rice casserole, Mixed veggies, Pineapples Snack: Apples & Yogurt Dinner: Chicken & rice casserole, Corn, Applesauce	Breakfast: Buttermilk biscuits, Pineapples Snack: Nutri grain Bars Lunch: Hamburgers, Carrots, Oranges Snack: Yogurt & Animal Crackers Dinner: Hamburgers, Carrots, Oranges
6	7	8	9	10
Breakfast: Belgian waffles, Oranges Snack: Pretzels & Cubed Cheese Lunch: Chicken sandwiches, Green beans, Cantaloupe Snack: Rice cakes, Applesauce Dinner: Chicken Sandwich, Green beans, Apples	Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars Lunch: Meatballs & gravy over rice, Corn, Watermelon Snack: Apples & Sun butter Dinner: Meatball Subs, Corn, Bananas	Breakfast: Chex cereal & Watermelon Snack: Lady bug on a raft Lunch: Steak fingers, Peas, Bananas Snack: Cheerios & Raisins Dinner: Steak finger sandwiches, Peas, Pineapples	Breakfast: Breakfast tacos & Bananas Snack: Fruit Cocktail Lunch: Spaghetti, Mixed veggies, Pineapples Snack: Ritz & Hummus Dinner: Spaghetti, Mixed veggies, Applesauce.	Breakfast: Buttermilk biscuits, Pineapples Snack: Nutra grain bars Lunch: Chicken sandwiches, Carrots, Oranges Snack: Cheese it's, Applesauce Dinner: Turkey meat, Cheese. Crackers Carrots, Oranges
Breakfast: French toast	14	15	16	17
sticks, Oranges Snack: Vanilla wafers, pudding Lunch: Meatballs & gravy over rice, Green beans, Cantaloupe Snack: Rice cakes, Applesauce Dinner: Meatballs & gravy over rice, Green beans, Apples	Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars, Lunch: Turkey, cheese, Crackers Corn, Pineapples Snack: Chex mix & Raisins Dinner: Turkey, cheese, Crackers, Bananas, Mixed veggies	Breakfast: Kix cereal & Watermelon Snack: Goldfish & Raisins Lunch: Chicken & veggie alfredo, Peas, Bananas Snack: Graham Crackers, Vanilla yogurt Dinner: Chicken & veggie alfredo, Green beans,	& Bananas Snack: Flower Snack Lunch: Tator tot casserole, Mixed veggies, Pineapples	Snack: Ants on a raft Lunch: Meatball subs, Broccoli, Oranges Snack: Bananas & Animal crackers
Breakfast: Belgian	21	22	23	24
waffles, Oranges Snack: Carrots, crackers& Ranch dip Lunch: Chili & Cheese over rice, Green beans, Cantaloupe Snack: Goldfish & Raisins Dinner: Chili & Cheese over rice, Peas, Apples	Snack: Granola Bars Lunch: Beef tacos w/ cheese, lettuce, corn, Watermelon Snack: Cheerios mix, Raisins	Breakfast: Cheerios cereal & Watermelon Snack: Lady bugs on a raft Lunch: Tomato soup, Grilled cheese, Peas, Bananas Snack: Cheese It's Applesauce Dinner: Turkey, Cheese & Crackers, Green beans, Pineapples	Breakfast: Breakfast tacos & Bananas Snack: Apple Smiles Lunch: Fiesta casserole, Mixed veggies, Pineapples Snack: Hummus & Ritz Dinner: Fiesta Casserole. Corn, Applesauce	Breakfast: Buttermilk Biscuits, Pineapples Snack: Granola Bars Lunch: Chicken sandwich, Carrots, Oranges Snack: Apples & Sun butter Dinner: Chicken Sandwich, Carrots, Oranges
Breakfast: French toast sticks Snack: Vanilla Wafers & Pudding Lunch: Meatballs over rice & gravy, Green beans, Cantaloupe Snack: Rice cakes & applesaure	Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars Lunch: Steak fingers & Gravy, Corn, Watermelon Snack: Chips & Salsa Dinner: Steak Fingers, Mixed yeggies, Bananas	Breakfast: Rice Krispies cerea & Watermelon Snack: Broccoli, Ranch dip, Crackers Lunch: Cheese Pizza, Peas, Bananas Snack: Graham crackers, Yogurt Dinner: Crackers Cheese	Breakfast: Breakfast tacos & Bananas Snack: Rain Cloud Lunch: Spaghetti, Mixed veggies, Pineapples Snack: Cheese it's, Applesauce	Breakfast: Pancakes W/syrup, Pineapples Snack: Animal crackers, Bananas Lunch: Orange chicken, Rice, Broccoli, Oranges Snack: Pretzels & Cheese Dinner: Orange chicken,

Gravy, over rice, Peas, R' Kids of Lakeshore • 16325 W. Lake Houston, TX 77044 • 281-454-4244 • www.krkoflakeshore.com
All field trips lunches will be served: Sandwich with whole wheat bread, Carrot sticks, sliced apples, chips, cookies, pickles and milk/

Dinner: Spaghetti, Corn,

Annlesauce

Dinner: Crackers, Cheese,

Turkey meat, Green beans,