Kids R Kids Learning Academy

2026 MENU November

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Breakfast:** Biscuits with Jam, Oranges **Snack:** String Cheese **Lunch:** Chilli Beans with Corn Chips & Cheese, Green Beans, Peaches **Snack:** Cheez-It Crackers, Raisins **Dinner:** Chilli Beans with Corn Chips & Cheese, Carrots, Pears	3 **Breakfast:** KIX Cereal Peaches **Snack:** Animal Crackers **Lunch:** Fiesta Casserole with Beef & Rice, Peas, Bananas **Snack:** Rice Cakes **Dinner:** Fiesta Casserole with Beef & Rice, Peas, Pineapple	4 **Breakfast:** Cheese toast Wheat Bread, Bananas **Snack:** Pretzels **Lunch:** Turkey Meatballs over Rice & Gravy, Mixed Vegetables, Pineapples **Snack:** Goldfish Crackers, Raisins **Dinner:** Turkey Meatballs over Rice & Gravy, Mixed Vegetables, Apple Sauce	5 **Breakfast:** Egg & cheese Breakfast Tacos, Fruit **Snack:** Vanilla Wafers, Pudding **Lunch:** Chicken Sandwich, Mixed Vegetables, Pineapples **Snack:** Chex Mix **Dinner**: Chicken Sandwich, Corn, Apple Sauce	6 **Breakfast:** Pancakes, Oranges **Snack:** Cream Cheese & Graham Crackers **Lunch:** Pizza Casserole with pasta & Turkey Pepperoni, Green Beans, Peaches **Snack:** Cheez-It Crackers, Raisins **Dinner:** Pizza Casserole with pasta & Turkey Pepperoni, Carrots, Pears
9 **Breakfast:** Homestyle Waffles, Bananas **Snack:** Graham Crackers **Lunch:** Spaghetti with Beef Sauce, Mixed Vegetables, Pineapples **Snack:** Chex Mix **Dinner**: Spaghetti with Beef Sauce, Corn, Apple Sauce	10 **Breakfast:** KIX Cereal Peaches **Snack:** Cheez-It Crackers **Lunch:** Bean & Cheese Nachos, Peas, Bananas **Snack:** Nutri-Grain Bars **Dinner:** Bean & Cheese Nachos, Peas, Pineapple	11 **Breakfast:** Whole Wheat Cheese Toast, Bananas **Snack:** Cream Cheese, Graham Crackers **Lunch:** Beef Soft Tacos, Peas, Bananas **Snack:** Cheerios, Raisins **Dinner:** Beef Soft Tacos, Green Beans, Pineapples	12 **Breakfast:** Breakfast Tacos w/Eggs, Bananas **Snack:** Animal Crackers **Lunch:** Chicken Alfredo Pasta, Mixed Vegetables, Pineapples **Snack:** Peaches, Yogurt **Dinner:** Chicken Alfredo Pasta, Steamed Corn, Apple Sauce	13 **Breakfast:** Biscuits & Jelly, Oranges **Snack:** Vanilla Wafers, Pudding **Lunch:** Chicken Nuggets, Green Beans, Peaches **Snack:** Cheez-Its & Raisins **Dinner:** Chicken Nuggets, Carrots, Pears
16 **Breakfast:** Waffles, Oranges **Snack:** Graham Crackers, Pudding **Lunch:** Beef & Vegetables Stew over Rice, Peaches **Snack:** Rice Cakes **Dinner:** Beef & Vegetables Stew over Rice, Pears	17 **Breakfast:** KIX Cereal Peaches **Snack:** Nutri-Grain Bars **Lunch:** Turkey Meat, Cheese, Crackers, Corn, Fruit **Snack:** Corn Chips & Salsa **Dinner:** Turkey Meat, Cheese, Crackers, Mixed Vegetables, Bananas	18 **Breakfast:** Vanilla Yogurt, Fruit **Snack:** Pretzels & Cheese Cubes **Lunch:** Chicken Nuggets, Mixed Vegetables, Pineapples **Snack:** Nutri-Grain Bars **Dinner:** Chicken Nuggets, Mixed Vegetables, Pineapples	19 **Breakfast:** Breakfast Tacos w/Eggs, Bananas **Snack:** String Cheese **Lunch:** Sloppy Joes with Beef, Green Beans, Pineapples **Snack:** Yogurt, Cheerios **Dinner:** Sloppy Joes with Beef, Corn, Peaches	20 **Breakfast:** French Toast, Fruit **Snack:** Vanilla Wafers, Pudding **Lunch:** Spaghetti with Beef Sauce, Goldfish & Raisins **Snack:** Yogurt, Cheerios **Dinner:** Pizza Casserole with Turkey Pepperoni, Carrots, Pears
23 **Breakfast:** Homestyle Waffles, Bananas **Snack:** Graham Crackers **Lunch:** Red Beans & Rice with Beef Sausage, Mixed Vegetables, Pineapples **Snack:** Chex Mix **Dinner**: Red Beans & Rice with Beef Sausage, Corn, Apple Sauce	24 **Breakfast:** KIX Cereal, Bananas **Snack:** Vanilla wafers & Pudding **Lunch:** Chill Mac with Beef, Green Beans, Oranges **Snack:** Cheerios, Raisins **Dinner**: Chill Mac with Beef, Green Beans, Oranges	25 **Breakfast:** Cheese Toast on whole Wheat Bread, Fruit **Snack:** Animal Crackers **Lunch:** Turkey Meat, Cheese, Crackers, Mixed Vegetables, Pineapples **Snack:** Nutri-Grain Bars **Dinner:** Turkey Meat, Cheese, Crackers, Mixed Vegetables, Pineapples		
30 **Breakfast:** Homestyle Waffles, Bananas **Snack:** Graham Crackers **Lunch:** Hamburger Helper with Beef, Mixed Vegetables, Pineapples **Snack:** Chex Mix **Dinner**: Hamburger Helper with Beef, Corn, Apple Sauce				

FINAL COPY
Revised 09/30/26

Breakfast, Lunch and Dinner are served with Milk Whole Milk for ages under two and 1% Milk for ages 2 and above. Menu is subject to change to equally nutritious meal.

Kids 'R' Kids of Lakeshore • 16325 W Lake Houston Pkwy Houston, TX 77044 • 281-454-4244 • www.kidsrkidslakeshore.com