



Week 1	30	1	2	3	4
Breakfast	Mini Wheats/ Raisins	Pancakes/ Diced Apple	French Toast/Pineapple Chunks	Scrambled Eggs/Berries	Vanilla Greek Yogurt/Banana
Snack AM	Yogurt Pouches	Applesauce	Animal Crackers	Mango Fruit Cups	Nutri Grain Bars
Lunch	Chicken & Broccoli Fettuccine Alfredo/Mandarin Oranges	Meatball & Rice Stew w. Vegetables/ Pears	Mini Corn Dogs/ Salad/ Peaches	Chicken Nuggets /Corn/Pineapple	Turkey, Cheese & Salad WG Wrap/ Fruit Medley
Vegetarian	<b>Fettuccine Alfredo</b>	<b>Plant Based Patty</b>	<b>Veggie Patty</b>	<b>Plant Based Nuggets</b>	<b>Cheese &amp; Salad WG Wrap</b>
Snack PM	Rice Cake/ Apple Juice	Ritz Crackers/ Apple Juice	Salsa Sun Chips/Apple Juice	Ritz/String Cheese	Club Crackers/Apple Juice
Week 2	7	8	9	10	11
Breakfast	Cheerios/ Apple Diced	Waffles/ Peach Slices	Cheese Toast/ Strawberries	Chicken Sausage/ Banana	Vanilla Greek Yogurt/Granola
Snack AM	Blueberry & Raspberry Bars	Yogurt With Fruit Yoplait	Reds Apple Chips	Cinnamon Brown Sugar Cookies	Watermelon
Lunch	Fish Fillet & Mashed Potatoes W. Carrots/Peaches	Meat Sauce W Pasta/Salad/ Pears	Teriyaki Chicken & French Beans/ White Rice/ Pineapple	Chicken Lasagna W. Spinach/Mandarin Oranges	Turkey Hot Dogs/Corn/Fruit Medley
Vegetarian	<b>Plant Based Patty</b>	<b>Spaghetti/ Plant Based Patty</b>	<b>Plant Based Chicken Teriyaki</b>	<b>Lasagna W. Spinach</b>	<b>Plant Based Hot Dog</b>
Snack PM	Chex Mix/ Apple Juice	Cherry Mixed Fruit/ Ritz Crackers	Italian Bun/ String Cheese	Nilla Wafers/ Pudding	Sun Chips/ Apple Juice
Week 3	14	15	16	17	18
Breakfast	Cinnamon Chex/ Raisins	Biscuits/Apple Slices	Whole Wheat Bagel/Berries	WG Breakfast Burrito/Apple Slices	Vanilla Greek Yogurt/Banana
Snack AM	Chex Mix	Vegetable Chips	Fresh Cantaloupe	Oatmeal Crumble Strawberry	Honey Graham Crackers & Jelly
Lunch	Chicken Fingers/ Broccoli/ Peaches	Meatball spaghetti/Salad/Mandarin Oranges	Tuna Salad Sandwich W. Veggies/ Fruit Medley	Chicken Enchilada Casserole, Corn/ Pineapple	Turkey Pepperoni Pizza/Corn/Fruit Medley
Vegetarian	<b>Plant Based Chicken Tenders</b>	<b>Spaghetti/Plant Based Patty</b>	<b>Cheese Sandwich</b>	<b>Veggie Enchilada</b>	<b>Cheese Pizza</b>
Snack PM	Rice Cake/ Apple Juice	Club Crackers & String Cheese	Pretzels/ Apple Juice	Veggie Straws/ Cheese Stick	Fruit Strips/ Club Crackers
Week 4	21	22	23	24	25
Breakfast	Life/Raisins	French Toast/Apple Slices	Turkey & Cheese Croissant/Banana	Scrambled Eggs/Berries	Vanilla Greek Yogurt/Granola
Snack AM	Quinoa Corn Tortilla Chips/Water	Applesauce	WG Blueberry Biscuit	Jell-O	Blueberry Muffins
Lunch	Fish Sticks/ Broccoli/Pears	Turkey Bacon Cheeseburger/Broccoli/Oranges	Chicken Pesto Pasta/ Salad/ Pineapples	Whole Grain Chicken Burrito/ Pinto Beans/Peaches	Chicken Nuggets /Corn/Pineapple
Vegetarian	<b>Cheese Quesadillas</b>	<b>Plant Based Cheeseburger</b>	<b>Pesto Pasta w/ String Cheese</b>	<b>Bean Burrito</b>	<b>Plant Based Chicken Nuggets</b>
Snack PM	Cheez It/String Cheese	Ritz/Apple Juice	Corn Tortilla Chips/Cheese Stick	Wheat Thins/Apple Juice	Salsa Sun Chips/ Apple Juice

*All meals served with milk (whole milk for 1-year olds and 1% milk for 2-year-olds and older)*



2024  
MENU



october

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