Kids R Kids Learning Academy

2026 MENU

November

Week 1	2	3	4	5	6
Breakfast	Cheerios, Diced Peaches	WG French Toast Sticks, Oranges	Blueberry Bagels, Apples	Sausage & Cheese English Muffins, Mandarin Oranges	WG Cini Minis, Strawberries
Snack AM	Animal Crackers, Apple Sauce	Spiced Apples, Milk	Club Crackers, Cheese Slices	Vanilla Yogurt, Granola	Banana, Chocolate Milk
Lunch	Upside Down Chicken Pot Pie, WG Biscuit, Corn, Watermelon	Beef Soft Tacos, Diced Carrots, Honeydew	Meatballs, Rice, Green Beans, Cantaloupe	Southwest Veggie Bowl with Cheese, Fresh Pineapple	Sloppy Joes, WG Bun, Mixed Vegetables, Fresh Fruit
Snack PM	Cucumber, Wheat Thins	Goldfish Crackers, Cheese	Baby Carrots, Turkey Slices	Pretzel, Cheese Sauce	Smores Trail Mix, 100% Juice
Week 2	5	6	7	8	9
Breakfast	Rice Krispies, Diced Peaches	Strawberry Bagel Bites, Apples	Baked Oats, Mango/Blueberries	Cream of Wheat, Apricots	Cinnamon Raisin Bread, Turkey Sausage, Strawberries
Snack AM	Cottage Cheese, strawberries	Orange Cranberry Muffin, Milk	Hummus, Cucumbers	Turkey & Cheese Cubes	Club Crackers, Spinach Dip
Lunch	Diced Chicken, Scalloped Potatoes, Cantaloupe	Taco Salad with Cheese, WG Tortilla, Watermelon	Cheeseburger, Tater Tots, Honeydew	Mac & Cheese, Green Beans, Pineapple	Chilli, Cinnamon Roll, Mixed Fruity
Snack PM	Graham Crackers, Strawberry Yogurt	Bean Dip, WG Tortilla	Wheat Thins, Cottage Cheese	Scooby Snack, Fruit Cup	Apple Baked Oatmeal Bar, Milk
Week 3	16	17	18	19	20
Breakfast	Cereal, Peaches	Pancakes, Spiced Apples	Turkey Breakfast Sandwich, Oranges	Baked Oats, Apricot Halves	Cinnamon Rolls, Diced Pears
Snack AM	Yogurt Granola Parfait	Celery & Cream Cheese	Apple, Graham Crackers	Cottage Cheese, Peaches	Carrots, Yogurt Dip
Lunch	Chicken Patty, WG Bun, Hashbrown, Cantaloupe	Baked Ziti, Corn, Honeydew	Chicken Soup, California Medley, Watermelon	Grilled Cheese Sandwich WG, Green Beans, Pineapple	Beefy Spaghetti Noodles, Mixed Vegetables, Fresh Fruit
Snack PM	Club Crackers, Turkey Slices	Cucumbers, Wheat Thins	Straw. Yogurt, Graham Crackers	Pumpkin Muffin, Applesauce	Soft Pretzel, Cheese cubes
Week 4	23	24	25	26	27
Breakfast	Rice Chex, Diced Peaches	Waffle Sticks, Oranges	Cream of Wheat, Pears	**Closed for Holiday**	**Closed for Holiday**
Snack AM	Cottage Cheese, Blueberries	Animal Crackers, Applesauce	Pumpkin Dip, Graham Cracker		
Lunch	Beefy & Vegetable Soup, WG Cracker, Pineapple	Mexi Tot Casserole, Corn, Honeydew	Turkey, Mash Potato & WG Dinner Roll, Watermelon		
Snack PM	Celery, Cream Cheese	Zucchini Strips, Yogurt Dip	Baby Carrots,		
Week 5	30	1	2	4	4
Breakfast	Cheerios, Dice Peaches	WG French Toast Sticks, Oranges	Blueberry Bagels, Apples	Sausage & Cheese English Muffins, Mandarin Oranges	WG Cini Minis, Strawberries
Snack AM	Yogurt, Berries	Apple Slices, Cheese	Cucumbers, Hummus	Cottage Cheese, Peaches	Peppers, Yogurt Dip
Lunch	Beef Goulash, Corn, Watermelon	Chicken, Rice, Black Beans, Honeydew	Sloppy Joe, WG Bun, Mix Veg, Cantaloupe	Tomato Soup, Cheese Cubes, Corn, Pineapple	WG Cheese Pizza, Green Beans, Mixed Fruit
Snack PM	Cucumbers, Wheat Thins	Baby Carrots, Turkey	Apple Cinn Muffin, Fruit	Cheese, Club Cracker	Oatmeal Bar, Juice 100%

Milk will be served with Breakfast and Lunch unless otherwise noted

Kids 'R' Kids Learning Academy of Southern Hills • 5588 Canterbury Ln, Lincoln, NE 68512 • 402-817-4245 • www.kidsrkids.com/southern-hills