

PM Snack: Goldfish

Chocolate Cake Day **Blueberry Pancake**

Day

JANUARY 2020

832-717-0808 www.kidsrkidsofspring.com WEDNESDAY 1 MONDAY **TUESDAY THURSDAY FRIDAY** Kids 'R' Kids Closed Breakfast: Mini pancakes, Breakfast: Fruit breakfast Pineapples, Milk bars, Milk AM Snack: Fig Newtons AM Snack: Pita w/Hummus Lunch: Chicken pasta, Mix Lunch: Beanie Wienies, vegs. Applesauce. Milk Corn. Peaches. Milk PM Snack: Cheese its/mix PM Snack: Popcorn (under 2fruit yrs. Veggie Chips) **National Bean Day** Breakfast: Waffles, Milk, Breakfast: Cheerios, Raisins, Breakfast: Rice Krispies, Breakfast: Mini pancakes, Breakfast: Biscuits/jelly, Pears. Milk Mix fruit. Milk Milk Bananas Oranges, Milk AM Snack: Cheese toast AM Snack: Wheat saltines. AM Snack: Pita chips AM Snack: Cream cheese AM Snack: Animal Lunch: Ham/cheese rollups. Cheese sticks w/Humus quesadillas crackers /pears Green beans, Mand oranges, Lunch: Pigs 'n' Blanket, Peas Lunch: Frito pie, Corn, Pears, Lunch: Turkey/cheese Lunch: Meatballs/mashed & Carrots, Pineapples sandwiches, Chips, Fresh potatoes, Mix vegs, PM Snack: Mini pretzels/dried PM Snack: Carrots/ranch PM Snack: Popcorn (under 2 carrots, Applesauce, Milk Peaches, Milk fruit yrs. Cheese-its) PM Snack: Fruit Gogurts PM Snack: Goldfish/Raisins Breakfast: Raisin bran, Milk Breakfast: Wheat chex. Breakfast: Fruit breakfast Breakfast: Bagels w/Cr. Breakfast: Cinnamon toast Cheese, Pineapples, Milk AM Snack: Cheese/crackers crunch, Mix fruit, Milk Peaches, Milk bars. Milk AM Snack: Goldfish & AM Snack: Fig/strawberry Lunch: Tator tot casserole. AM Snack: Animal AM Snack: Fruit gogurts Lunch: Tacos, Corn, Peaches, Raisins Newtons Peas/Carrots. Mix fruit. Milk cookies/applesauce Lunch: Sloppy Joes, Green Lunch: Chicken nuggets, PM Snack: Fruit bars Lunch: Chicken/Rice. beans, Mix fruit, Milk Mashed potatoes, Mix vegs, Broccoli, Pears, Milk PM Snack: Chex mix PM Snack: Graham Pears, Milk PM Snack: Fig Newtons PM Snack: Cheese its/mix crackers/cream cheese fruit **Bagel Day** 21 Breakfast: Waffles. Breakfast: Cheese toast, Breakfast: Cinnamon biscuits, Breakfast: Rice Krispies, Breakfast: Cheerios. Pineapples, Milk Bananas, Milk Strawberries, Milk Blueberries, Milk Pineapples, Milk AM Snack: Veggie straws AM Snack: Wheat AM Snack: Yogurt Cups AM Snack: Fruit gogurts AM Snack: Lunch: Cheese tortellini, crackers/Sun butter Lunch: Chili cheese nachos, Lunch: Chicken spaghetti, Crackers/Mozzarella sticks Green peas, Apples, Milk Carrots, Pineapples, Milk Lunch: Cheese pizza. Broccoli, Mandarin oranges, Lunch: Ham/cheese rollups, PM Snack: Goldfish/Dried fruit Corn, Mix fruit PM Snack: Fig newtons Mix vegs, Applesauce and PM Snack: Carrots/ranch PM Snack: Pretzels/raisins PM Snack: Veggie straws **National Cheese Lovers Day** Breakfast: Blueberry Breakfast: Biscuits/jelly. Breakfast: Mini pancakes. Breakfast: Fruit breakfast Breakfast: Cheese toast, Pineapples, Milk pancakes, Oranges, Milk bars. Milk Pears. Milk Pineapples, Milk AM Snack: Fig Newtons AM Snack: Animal AM Snack: Fruit Gogurts AM Snack: Chocolate AM Snack: Vanilla cupcakes crackers /pears Lunch: Shepherds pie, Lunch: Ham sandwiches, wafers/bananas Mix vegs, Applesauce, Milk Lunch: Lasagna, Corn, Mix Lunch: Meatballs/mashed Lunch: Chili/crackers, Mix Carrots/peas, Pears, Milk PM Snack: Cheese its/mix potatoes. Green beans. PM Snack: Popcorn (under 2 fruit. Milk vegs, Applesauce, Milk fruit Peaches. Milk PM Snack: Veggie PM Snack: Pretzels/raisins vrs. Cheese-its)

crackers/Cheese