Kids R Kids Learning Academy

2026 MENU

November

Week 1	2	3	4	5	6
Breakfast	Whole Grain Cereal, sliced Apples	Pancakes, Turkey sausage and Oranges	Whole Grain Cheese Toast and Apples	Whole Grain Cereal, Bananas	Waffles and Applesauce
Lunch	Cheesy Chicken Rice Casserole, Broccoli and Oranges	Chicken Teriyaki, rice, Mixed Vegetables and Cantaloupe	Mac and Cheese, carrots and Berries	Rice w/ Mild Chili Beans, corn and Mixed Fruit	Cheese Pizza, Salad and Oranges
Snack PM	Hummus and Pretzels	Whole Grain Trail mix and Apple Juice	Graham Crackers and Greek Yogurt	Pretzels and Cheese	Whole Wheat Crackers and Cheese Sticks
Dinner	Grilled Cheese, Pears and Broccoli	Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, crackers, salad and Mixed Fruit	Turkey Dog, Bun, Cucumber slices and Apples	Homemade Chicken Salad Sandwich, Pears and Carrot Sticks
Week 2	**9**	**10**	**11**	**12**	**13**
Breakfast	Whole Grain Cereal, Apples	Pancakes, Turkey sausage and Oranges	Biscuits with Jam and Mixed Fruit	Whole Grain Cereal, Bananas	Waffles and Apple Sauce
Lunch	Whole Grain Mac and cheese, peas carrots and Berries	Meatballs w/ Brown Gravy, Mashed potatoes, Sliced Bread, and Apples	Rice w/ Mild Chili Beans, corn and Cantaloupe	Grilled Cheese sandwich, Tomato Soup and Oranges	Chicken Nuggets, Mashed Potatoes, Whole Grain Bread and Pears
Snack PM	Animal Crackers with 100% Juice	Whole Grain Goldfish w/ Apple Juice	Graham Crackers and Apple Juice	Crackers w/ Cheese Stick	Animal Crackers and 100% Juice
Dinner	Homemade Turkey and Cheese Lunchables, crackers, salad and Peaches	Grilled Cheese, pears and Broccoli	Turkey Dog, Cucumber Slices and Apples	Homemade Chicken Salad Sandwich Peaches, baby Carrots	Cheese Quesadillas, Mixed Vegetables and Apples
Week 3	**16**	**17**	**18**	**19**	**20**
Breakfast	Whole Grain Cereal, Bananas	Pancakes, Turkey sausage and Oranges	Whole Grain Cheese Toast and Apples	Whole Grain Cereal, Bananas	Waffles and Apple Sauce
Lunch	Cheesy Chicken Rice Casserole, Broccoli and Pineapple	Chicken Soft tacos, Black Beans, corn, Cantaloupe	Tater Tot casserole, Dinner Roll, and Berries	Whole Grain Mac and cheese , Green Beans and Oranges	Chicken Penne Alfredo, peas carrots and Berries
Snack PM	Hummus and Pretzels	Whole Grain Goldfish and 100% Juice	Graham Cracker and Apple juice	Greek Yogurt and Cheerios	Blueberry Muffin and Apple Slices
Dinner	Grilled Cheese, Oranges and Broccoli	Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, crackers, salad and banana	Homemade Chicken Salad Sandwich, Mixed Fruit and Carrot Sticks	Grilled Cheese, Oranges and Broccoli
Week 4	**23**	**24**	**25**	**26**	**27**
Breakfast	Whole Grain Cereal, Oranges	Pancakes, Turkey sausage and Apple	Whole wheat toast w/Boiled egg, Sliced Pears	CLOSED for THANKSGIVING DAY!!!	CLOSED
Lunch	Rice w/ Ranch Style beans, corn and Peaches	Spaghetti with Meatballs, Whole Grain Bread, Green Beans and Berries	Chicken Soft tacos, Black Beans, corn, Cantaloupe		
Snack PM	Corn Tortilla Chips w/ Nacho Cheese	Animal Crackers and Apple Juice	Cheez Crackers and 100% Juice		
Dinner	Homemade Turkey and Cheese Lunchables, crackers, salad and Banana	Grilled Cheese, Oranges and Broccoli	Turkey Dog, Bun, Cucumber slices and Mixed Fruit		
Week 5	**30**	**1**	**2**	**4**	**4**
Breakfast	Whole Grain Cereal, sliced Apples				
Lunch	Cheesy Chicken Rice Casserole, Broccoli and Oranges				
Snack PM	Hummus and Pretzels				
Dinner	Grilled Cheese, Pears and Broccoli				