Fall/Winter Menu

Kids R Kids Learning Academy of Woodson's Reserve

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled Eggs Whole Grain Toast Fresh Fruit 2% Milk	Oatmeal Blueberries Toast 2% Milk	French Toast Sticks Greek Yogurt Fresh Fruit 2% Milk	Apple Cinnamon Cheerios Cheese Toast 2% Milk	Pancakes Hash Brown Banana 2% Milk
Lunch	Cheese Pizza Corn Fruit & 2% Milk	Chicken Noodle Soup Saltines Fruit & 2% Milk	Chicken & Rice Casserole Broccoli Normandy Fruit & 2% Milk	Meatballs w/ Brown Gravy White Rice Steamed Carrots Fruit & 2% Milk	Turkey & Cheese Sandwiches Fresh Celery sticks Sun Chips Fruit & 2% Milk
Snack PM	Cheerios w/Vanilla Yogurt 100% Fruit Juice *Bagel Bites*	Cheez-It's Fresh Apple Slices 100% Fruit Juice	Animal Crackers w/ Chocolate Pudding 100% Fruit Juice	Un-Frosted Homemade Cake Milk	Graham Crackers w/ Blueberry Cream Cheese 100% Fruit Juice
Week 2	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	Scrambled Eggs Whole Grain Toast Fresh Fruit 2% Milk	Oatmeal Blueberries Toast 2% Milk	French Toast Sticks Greek Yogurt Fresh Fruit 2% Milk	Apple Cinnamon Cheerios Cheese Toast Fresh Fruit 2% Milk	Pancakes Hash Brown Banana 2% Milk
Lunch	Beef Noodle Casserole Green Beans Fruit & 2% Milk	Hamburger Pickle & Lettuce Tater Tots Fruit & 2% Milk	Spaghetti w/Meat Sauce Corn Fruit & 2% Milk	Turkey Mini Corndogs Veggie Straws Steamed Carrots Fruit & 2% Milk	Tomato Soup Grilled Cheese Fresh Carrots Sticks Fruit & 2% Milk
Snack PM	Fresh Apple Slices String Cheese 100% Fruit Juice	Goldfish w/ Fresh Bananas Milk	Go-Gurt Cheerios 100% Fruit Juice	Vanilla wafers w/ Vanilla Pudding *Chicken Nuggets * 100% Fruit Juice	Nutri Grain Bar 2% Milk
Week 3	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	Scrambled Eggs Whole Grain Toast Fresh Fruit 2% Milk	Oatmeal Blueberries Toast 2% Milk	French Toast Sticks Greek Yogurt Fresh Fruit 2% Milk	Apple Cinnamon Cheerios Cheese Toast Fresh Fruit 2% Milk	Pancakes Hash Brown Banana 2% Milk
Lunch	Chicken Nuggets Macaroni & Cheese Peas Fruit & 2% Milk	Frito Pie w/Cheese Corn Fruit & 2% Milk	Chicken & Rice Soup Turkey Sandwich Fruit & 2% Milk	Chicken Patty Sandwich French Fries Fruit & 2% Milk	Cheese Pizza Garden Salad Fruit & 2% Milk
Snack PM	Pretzels Ranch 100% Fruit Juice	String Cheese Pickles 100% Fruit Juice	Mini Chocolate Muffins Milk *Corndogs*	Wheat Thins Fresh Oranges 100% Fruit Juice	Cheese Ritz Crackers Pears 100% Fruit Juice
Week 4	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	Scrambled Eggs Whole Grain Toast Fresh Fruit 2% Milk	Oatmeal Blueberries Toast 2% Milk	French Toast Sticks Greek Yogurt Fresh Fruit 2% Milk	Apple Cinnamon Cheerios Cheese Toast Fresh Fruit 2% Milk	Pancakes Hash Brown Banana 2% Milk
Lunch	Meatloaf w/Brown Gravy Mashed Potato Peas Fruit & 2% Milk	Chicken Tenders Mashed Potato Broccoli Normandy Fruit & 2% Milk	Lasagna Green Beans Fruit & 2% Milk	Chicken Quesadillas Refried Beans Fruit & 2% Milk	Grilled Chicken Rice Green Beans Fruit & 2% Milk
Snack PM	Strawberry Trail Mix Strawberry Yogurt 100% Fruit Juice	Animal Cookies Chocolate Pudding Milk *Cheese Pizza*	Graham Crackers Fresh Strawberries Milk	Club Crackers Ham & Cheese Milk	Ritz Crackers w/ Pepperoni Slices 100% Fruit Juice