



Spirits Heart Childcare 3155 Ackerman Road, suite 111. Kirby Texas 78219 AND 100 FM 78 Schertz Texas 78154

EFFECTIVE 9/1/2025

Week 1

WATER is served with ALL meals. MILK will be served with Breakfast, Lunch, and Supper

Day	Breakfast (3 components) 7:30AM	Snack (2 components) 2:15PM	Lunch and Supper (4 components) 11:15AM & 4:15PM
Mon	Oatmeal w/ & banana, milk	Yogurt & apple	Turkey & cheese sandwich, carrots & apple
Tue	Scrambled eggs, wheat toast & grapes	Cheese & wheat crackers	Baked Chicken leg, brown rice, green beans & pineapple
Wed	Whole-wheat pancakes, strawberries & milk	Celery & peanut butter	Chicken stir-fry, mixed veggies, apple, wheat noodles
Thu	Yogurt parfait w/ granola & blueberries	Cucumber & hummus	Grilled chicken strips, whole-wheat pita, cucumbers & orange
Fri	Cheese omelet, wheat toast & peaches	Banana & graham crackers	Cheese quesadilla Wheat tortilla, corn & banana



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Week 2

WATER is served with ALL meals. MILK will be served with Breakfast, Lunch, and Supper

Day	Breakfast (3 components) 7:30AM	Snack (2 components) 2:15PM	Lunch and Supper (4 components) 11:15AM & 4:15PM
Mon	Whole-wheat waffles, peach slices & milk	Veggie sticks & ranch	Ground turkey meat sauce w/ wheat penne, peas, apple & milk
Tue	Greek yogurt, granola & blueberries	Apple & cheese	Chicken fajitas: bell peppers on wheat bread, carrots & grapes
Wed	Oatmeal w/ raisins & milk	Celery & sunflower butter	Baked chicken, Sweet potatoes, broccoli & pears
Thu	Scrambled eggs, English muffin & orange	Cheese & wheat crackers	Bean & cheese burrito on wheat tortilla, corn & apple
Fri	French toast w/ berry compote & milk	Yogurt & banana	Turkey wheat sandwich, cucumber slices & pineapple



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Week 3

WATER is served with ALL meals. MILK will be served with Breakfast, Lunch, and Supper

Day	Breakfast (3 components) 7:30AM	Snack (2 components) 2:15PM	Lunch and Supper (4 components) 11:15AM & 4:15PM
Mon	Cottage cheese, berries & wheat toast	Hummus & carrots	Chicken stir-fry, brown rice, mixed veggies & apple
Tue	Whole-wheat blueberry muffin & milk	Banana & peanut butter	chicken tacos on wheat tortillas, cabbage & pineapple
Wed	Oatmeal w/ sliced apples & cinnamon	Cucumber & cheese	Beef spaghetti, wheat roll & fruit salad
Thu	Yogurt & granola w/ strawberries	Orange & graham crackers	Grilled cheese on wheat bread, tomato soup, carrots & grapes
Fri	Scrambled eggs, wheat tortilla & salsa	Celery & cream cheese	Homemade Pizza Wheat pita and cheese peas & corn, apple



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Week 4

WATER is served with ALL meals. MILK will be served with Breakfast, Lunch, and Supper

Day	Breakfast (3 components) 7:30AM	Snack (2 components) 2:15PM	Lunch and Supper (4 components) 11:15AM & 4:15PM
Mon	Pancakes, bananas & milk	Cheese & grapes	Turkey meatballs w/ wheat spaghetti, green beans & pineapple
Tue	Oatmeal w/ peaches & milk	Cucumber & hummus	Fish (Tuna) cakes, rice pilaf, peas & apples
Wed	Wheat bagel w/ cream cheese & strawberries	Yogurt & granola	Roasted chicken & veggie wrap on wheat tortilla, carrots & pears
Thu	Smoothie bowl (yogurt, milk, spinach, mango) & granola	Wheat crackers & cheese	Beef & broccoli stir-fry, brown rice & watermelon
Fri	French toast sticks, blueberries & milk	Peanut butter on celery	Chicken and Cheese quesadillas, salad & pineapple



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Week 5

WATER is served with ALL meals. MILK will be served with Breakfast, Lunch, and Supper

Day	Breakfast (3 components) 7:30AM	Snack 2components) 2:15PM	Lunch and Supper (4 components) 11:15AM & 4:15PM
Mon	Oatmeal w/ strawberries & milk	Apple & cheese	Barbecue chicken thighs, baked sweet potato, broccoli & grapes
Tue	Yogurt parfait, granola & mixed berries	Carrot sticks & hummus	Turkey and cheese stuffed in wheat pita, cucumbers & peach
Wed	Vegetable omelet, wheat toast & orange	Banana & graham crackers	Beef meatloaf, mashed carrots, wheat roll & apple
Thu	Wheat waffles, applesauce & milk	Pears & cheese	Chicken & vegetable stir-fry, rice & grapes
Fri	Cottage cheese, peaches & wheat toast	Yogurt & berries	Pizza Homemade, Pepperoni and Cheese, wheat pita bread, cucumbers & pineapple