

KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

WEEK:
Menu D

Note: All juice is 100% Vitamin C fortified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 9:00-10:00am	Tostee O's (WG) Pineapple Milk	Pancakes or Waffles (WG) Mandarin Oranges Milk	Bagels/ Cream Cheese Pears Milk	Oatmeal (WG) Peaches Milk	English muffins and jelly Mixed fruit Milk
LUNCH 11:45-12:45	Bean & Cheese burrito Corn Apples Milk	Chicken tender wrap w/ lettuce Pineapple Milk Veg. Alt. Grilled cheese	Grilled Cheese sandwich (WG) Tomato soup Pears Milk	Teriyaki chicken w/ Rice Mixed Veggies Oranges Milk Veg. Alt. Cheese quesadilla	Turkey Marinara and Pasta (WG Pasta) Green Beans Apples Milk Veg. Alt Pasta w/ no meat.
SNACK 2:30-3:30	Animal Crackers (WG) Applesauce	Graham crackers (WG) Cream cheese	Muffins Juice	Cheez-its (WG) Mixed Fruit	Chex Mix (WG) Juice

Serving Size

Breakfast	1&2 year olds	3-5 year olds	6-12 year olds
Milk	½ cup	¾ cup	1 cup
Fruit & Vegetables	¼ cup	½ cup	½ cup
Bread & Bread Alternates	2-3 Oz (Varies)	3-4 oz (Varies)	3-4 oz (Varies)

PM Snack	1 & 2 year olds	3-5 year olds	6-12 year olds
Milk	½ cup	¾ cup	1 cup
Fruit & Vegetables	¼ cup	½ cup	¾ cup
Bread and Bread Alternates	2-3 oz (Varies)	3-4 oz (Varies)	3-4 oz (varies)

Lunch	1 & 2 year olds	3-5 year olds	6-12 year olds
Milk	½ cup	¾ cup	1 cup
Fruit and Vegetable	1/8cup of each	1/4 cup of each	½ cup veg ¼ Cup fruit cup
Bread and Bread Alternates	2 - 3oz (Varies)	3 - 4 oz (Varies)	3-4 oz (varies)
Meat & meat Alternatives	1 oz Minimum	1.5 oz Minimum	2 oz Minimum

Cereal: Corn Flakes, Rice Crispi's, or Cheerios

Juice: Apple, orange, mixed berry

Fruit: Apples, oranges, cantaloupe, peaches, pineapple tidbits, and pears.

Vegetables: Mixed Veggies, green beans, broccoli, carrots, corn

Milk: Whole under two & 1% two and up

This institution is an equal opportunity provider.