









KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu

Week of	1/6	1/7	1/8	1/9	1/10
Breakfast	Whole Wheat Banana & Chocolate Chip Pancakes Blueberries  Milk	Whole Wheat Avocado Toast Banana  Milk	Banana & Cinnamon Oatmeal Apple Slices  Milk	Whole Wheat French Toast Cantaloupe  Milk	Egg & Cheese Scrambled Eggs Mixed Melon Milk
Lunch	Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Green Beans Apple Slices Milk	Penne Pasta with Ground Beef in Marinara Sauce Carrots Honeydew Melon  Milk	Ham & Cheese on Whole Wheat Bread Pickle Spears Mixed Berries  Milk	Chicken Parmesan Pasta in Marinara Sauce Broccoli & Cauliflower Orange Slices  Milk	Ground Beef Tacos with Shredded Cheese, Lettuce, Tomato, and Sour Cream on Whole Wheat Tortillas Fruit Salad Milk
PM Snack	Hummus with Cucumber Slices & Crackers Water	Strawberry & Yogurt Roll Ups on a Whole Wheat Tortilla  Water	Salsa & Pita Chips Water	Mixed Berry Yogurt Cups with Layers of Yogurt, Berries & Granola Water	Pretzels & Sun Butter Dip Water










*Milk – Fat Free or 1%(non-flavored) for ages 2 and older*Bread and Pasta – Whole grain options will be used whenever possible. At Least 1 whole grain to be included daily *All cheese – to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella. Yogurt – fat-free/low-fat 1%*

*Hydrogenated/partially hydrogenated vegetable oils are never to be used. Avoid fried versions of fish sticks, chicken nuggets and French fries*Vegetarian options available for every breakfast, lunch, and snack. No honey served to children under 1 year old *Hummus is sesame oil/tahini free *Local Foods*

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Week of	1/13	1/14	1/15	1/16	1/17
Breakfast	Whole Wheat Pancakes Blueberries Milk 	Egg & Cheese Toast Honeydew Melon Milk	Assorted Bagels & Cream Cheese Apple Slices Milk 	Egg & Bacon Scrambled Eggs Mixed Berries Milk 	Biscuits & Gravy Orange Slices Milk 
Lunch	Ham & Cheese Sliders on Whole Wheat Buns Green Beans Banana Milk 	Chicken, Bell Pepper & Bean Fajitas on Whole Wheat Tortillas Orange Slices Milk 	Loaded Mashed Potato Bowls with Chicken, Corn, Gravy & Shredded Cheese Cantaloupe Milk 	Sneaky Mac & Cheese with Carrots & Sweet Potato Mixed Melon Milk	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Mixed Veggies Fruit Salad Milk
PM Snack	Cinnamon Apples & Yogurt Dip Water 	Guacamole & Pretzels Water	Strawberry Frozen Yogurt in a Waffle Cone Water 	Turkey & Cheese Bites Roll Ups Served with Crackers Water	Cucumber, Cheese Bites & Grape Tomato Salad Served with Crackers Water








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Week of	1/20	1/21	1/22	1/23	1/24
Breakfast	Egg & Sausage Scrambled Eggs  Banana Milk	Whole Wheat Banana Pancakes  Orange Slices Milk	Blueberry Muffins Apple Slices  Milk	Whole Wheat French Toast Mixed Berries  Milk	Maple & Brown Sugar Oatmeal Apple Slices  Milk
Lunch	Chicken & Cheese Quesadillas on Whole Wheat Tortillas Carrots Blueberries Milk	Cheeseburger Joes on Whole Wheat Buns Green Beans Honeydew Melon  Milk	Bacon Grilled Cheese on Whole Wheat Bread Cauliflower Cantaloupe  Milk	Cheesy Baked Ziti Mixed Veggies Mixed Melon Milk	Cheese Tortellini with Chicken, Broccoli & Bacon in Alfredo Sauce Fruit Salad Milk
PM Snack	Pepperoni, Cheese Bites & Crackers Water	Cookie Dough Hummus with Graham Crackers to Dip Water	Mixed Berry & Yogurt Smoothies Served with Crackers Water	Banana Split Yogurt Cups with Layers of Yogurt, Banana Slices & Granola Water	Fruit Salsa & Baked Cinnamon Pita Chips Water









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Week of	1/27	1/28	1/29	1/30	1/31
Breakfast	Whole Wheat Pancake & Bacon Dippers Blueberries Milk 	Egg & Cheese Scrambled Eggs Orange Slices Milk 	Assorted Bagels & Cream Cheese Apple Slices Milk 	Banana & Chocolate Chip Muffins Mixed Berries Milk 	Whole Wheat Pancakes Mixed Melon Milk
Lunch	Shell Pasta with Sausage and Mixed Veggies in Marinara Sauce Banana Milk 	Chicken Parmesan Sliders on Whole Wheat Buns Peas Honeydew Melon Milk	Turkey, Bacon, Lettuce & Cheese in a Pita Pocket Green Beans Cantaloupe Milk 	Pepperoni & Mozzarella Stromboli Bites Carrots Honeydew Melon Milk 	Chicken & Alfredo Pizza on Whole Wheat Pita Bread Cauliflower Fruit Salad Milk
PM Snack	Soft Pretzel & Queso Dip Water	Apple Slices & Cheese Bites Water 	Fruit & Cracker Pizza with Mixed Fruit, Yogurt, and Graham Crackers Water	Ham & Cheese Bite Roll ups Served with Crackers Water	Cucumber Slices & Ranch to Dip Served with Crackers Water

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