









# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Wilmington Menu

Week of	11/4	11/5	11/6	11/7	11/8
<b>Breakfast</b>	Whole Wheat Blueberry Pancakes  Banana  Milk	Assorted Bagels & Cream Cheese  Blueberries  Milk	Whole Wheat French Toast  Apple Slices  Milk	Egg & Bacon Scrambled Eggs  Cantaloupe  Milk	Strawberry & Banana Muffins  Mixed Berries  Milk
<b>Lunch</b>	Chicken, Bacon & Ranch Sliders on Whole Wheat Buns  Cauliflower  Honeydew Melon  Milk	Turkey, Ham & Cheese on Whole Wheat Bread  Pickle Spears  Orange Slices  Milk	Ground Beef Tacos with Shredded Cheese, Lettuce, Tomato, and Sour Cream on Whole Wheat Tortillas  Mixed Melon  Milk	Cheesy Baked Ziti  Carrots  Apple Slices  Milk 	Chicken & Bacon Alfredo Pizza on Whole Wheat Pita Bread  Fruit Salad  Milk 
<b>PM Snack</b>	Pumpkin Hummus Served with Pretzels  Water	Banana & Chocolate Chip "Ice Cream" in a Waffle Cone  Water	Mixed Berry & Yogurt Smoothies Served with Crackers  Water	Strawberry Bruschetta with Toasted Baguette Slices  Water	Turkey & Cheese Bites Roll Ups Served with Crackers  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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### Kiddie Academy of Wilmington Menu

Week of	11/11	11/12	11/13	11/14	11/15
<b>Breakfast</b>	Whole Wheat Banana & Chocolate Chip Pancakes  Blueberries  Milk	Biscuits & Gravy  Cantaloupe  Milk	Egg & Cheese Scrambled Eggs  Banana  Milk	Banana & Cinnamon Oatmeal  Honeydew Melon  Milk	Egg & Sausage Scrambled Eggs  Apple Slices  Milk
<b>Lunch</b>	Pepperoni Pizza Grilled Cheese on Whole Wheat Bread  Green Beans  Orange Slices Milk	Chicken Parmesan Pasta in Marinara Sauce  Broccoli & Cauliflower  Apple Slices  Milk	Turkey, Bacon, Lettuce & Cheese in a Pita Pocket  Carrots  Mixed Berries  Milk	Penne Pasta with Ground Beef & Mixed Veggies in Marinara Sauce  Mixed Melon  Milk	Shepherd's Pie with Ground Beef, Carrots and Peas Topped with Mashed Potatoes  Fruit Salad Milk
<b>PM Snack</b>	Pumpkin Pie in a Cup with Layers of Yogurt & Graham Crackers  Water	Strawberry & Yogurt Roll Ups on a Whole Wheat Tortilla  Water	Salsa & Pita Chips  Water	Pretzels & Sun Butter Dip  Water	Mixed Berry Yogurt Cups with Layers of Yogurt, Berries & Granola  Water













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### Kiddie Academy of Wilmington Menu

Week of	11/18	11/19	11/20	11/21	11/22
<b>Breakfast</b>	Whole Wheat Banana Pancakes Blueberries  Milk	Egg & Bacon Scrambled Eggs Cantaloupe Milk 	Egg & Cheese Toast Banana Milk 	Assorted Bagels & Cream Cheese Mixed Berries Milk 	Banana & Chocolate Chip Muffins Blueberries Milk 
<b>Lunch</b>	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Carrots Honeydew Melon Milk 	Ham & Cheese Sliders on Whole Wheat Buns Cauliflower & Broccoli Apple Slices Milk 	Taco Pizza with Ground Beef, Tomato, Lettuce, Shredded Cheese, and Sour Cream on Whole Wheat Pita Bread Orange Slices Milk 	Shell Pasta with Sausage, Bell Peppers & Zucchini in Pink Sauce Mixed Melon Milk 	Thanksgiving Feast! Turkey, Mashed Potato, Green Bean Casserole, Cornbread Fruit Salad Milk 
<b>PM Snack</b>	Cinnamon Apples & Yogurt Dip Water	Strawberry Frozen Yogurt in a Waffle Cone  Water	Cucumber, Cheese Bites & Grape Tomato Salad Served with Crackers Water	Apple Slices & Cheese Bites  Water	Pumpkin Cheesecake Dip Served with Pretzels Water

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## EDUCATIONAL CHILD CARE



### Kiddie Academy of Wilmington Menu

Week of	11/25	11/26	11/27	11/28	11/29
<b>Breakfast</b>	Whole Wheat Pancake & Bacon Dippers  Banana Milk	Scrambled Eggs with Cheese Apple Slices  Milk	Assorted Bagels & Cream Cheese Blueberries  Milk	School Closed	School Closed
<b>Lunch</b>	Shell Pasta with Sausage and Mixed Veggies in Marinara Sauce Honeydew Melon  Milk	Turkey, Bacon, Cheese & Lettuce in a Pita Pocket Cucumber Slices Cantaloupe  Milk	Ground Beef & Bean Chili with Bell Peppers and Corn Cornbread Fruit Salad Milk	Thanksgiving Break 	Thanksgiving Break 
<b>PM Snack</b>	Soft Pretzel & Queso Dip Water	Cookie Dough Hummus with Graham Crackers to Dip Water	Ham & Cheese Bite Roll ups Served with Crackers Water	School Closed	School Closed

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