

Kiddie Academy of Virginia Beach

Menu Plan for January 20th, 2024 through January 31st, 2024

	MONDAY - Jan. 20th	TUESDAY - Jan. 21st	WEDNESDAY - Jan. 22nd	THURSDAY - Jan. 23rd	FRIDAY - Jan. 24th
AM SNACK	MLK & Inauguration Day OLES - Full Day Low-Fat Vanilla Yogurt, Eggo Bites, Milk	Cheese Omelet, Milk	Whole-grain Cereal, Milk	Whole-grain Biscuits with 100% Strawberry Fruit Jam, Milk	Teacher Staff Day OLES - Full Day Whole-grain Cereal, Milk
LUNCH	Whole-grain Chicken Nuggets, Sweet Corn, Mandarin Oranges, Milk	Ham Steaks, Sweet Potatoes, Baked Peaches, Milk	Whole-grain Spaghetti with Marinara Sauce, Diced Carrots, Diced Pears, Milk	Chicken & Rice Casserole, Steamed Broccoli, Fruit Salad, Milk	Whole-grain Grilled Cheese Sandwiches, Sweet Peas, Applesauce, Milk
PM SNACK	Whole-grain Soft Pretzels, Applesauce Cups, Water	Whole-grain Scooby-Doo Bones, Orange Slices, Water	Whole-grain Tiger Bites, Bananas, Water	Whole-grain Cheddar Gold Fish, Low-Fat Mozzarella Cheese Sticks, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice
	MONDAY - Jan. 27th	TUESDAY - Jan. 28th	WEDNESDAY - Jan. 29th	THURSDAY - Jan. 30th	FRIDAY - Jan. 31st
AM SNACK	Teacher Staff Day OLES - Full Day Whole-grain Pancakes, Milk	Oatmeal with Cinnamon and Brown Sugar, Milk	Whole-grain Cereal, Milk	Whole-grain English Muffins, Milk	Whole-grain Cereal, Milk
LUNCH	Whole-grain Chicken Nuggets, Green Beans Diced Pears, Milk	Quesadilla on Whole-grain Tortilla Shell, Yellow Rice & Corn, Mandarin Oranges, Milk	Hamburger Sliders on Whole-grain Rolls, Veggie Straws, Pineapple Tidbits, Milk	Whole-grain Buttered Noodles with Chicken and Parmesan Cheese, Diced Carrots, Diced Peaches, Milk	Pizza Rolls on Whole-grain Flour Tortilla Shells, Sweet Peas, Tropical Fruit Salad, Milk
PM SNACK	Whole-grain Tiger Bites, Gogurt, Water	Whole-grain Shortbread Biscuits, Applesauce Cups, Water	Whole-grain Cheez-Its Crackers, Orange Slices, Water	Whole-grain Tiger Bites, Bananas, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice

All Juice is 100% fruit or vegetable juice/vitamin C fortified (No more than 4-6 oz per day).

Milk - must be unflavored whole milk for children age one. Milk - must be unflavored 1% for children ages two and older.

Whole-grain options will be used whenever possible.