

# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

**WEEK:**  
**Menu A**

**Note: All juice is 100% Vitamin C fortified.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 9:00-10:00am	Toaste O's (WG) Pears Milk	Bagels/ Cream Cheese Peaches Milk	Oatmeal (WG) Pineapple Milk	Cinnamon Toast (WG) Mandarin Oranges Milk	Rice Crispi's Banana Milk
<b>LUNCH</b> 11:45-12:45	Grilled Cheese (WG Bread) Tomato soup Mixed fruit Milk	Chicken Alfredo (WG Pasta) Broccoli Pears Milk Veg. Alt. Pasta w/ no meat	Bagel Pizza Oranges Mixed Vegetable Milk	Turkey Tacos mac (WG Pasta) Salad w/ Ranch Peaches Milk Veg. Alt. Cheese quesadilla	BBQ Chicken Sandwiches Apples Corn Milk Veg. Alt. grilled cheese
<b>SNACK</b> 2:30-3:30	String Cheese Ritz crackers	Cheez-its Juice	Graham crackers (WG) Cream cheese	Animal Crackers Applesauce	Chex Mix (WG) Juice Fruit

**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.***