

KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

WEEK:
Menu C

Note: All juice is 100% Vitamin C fortified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 9:00-10:00am	Rice Crispi's Pineapple Milk	English muffins and jelly Mixed fruit Milk	Oatmeal (WG) Pears Milk	Cinnamon toast (WG) Peaches Milk	Tastee O's (WG) Banana Milk
LUNCH 11:45-12:45	Mac N Cheese (WG) Green beans Apples Milk	Turkey Tacos W/Cheese Salad w/ Ranch Pears Milk	Chicken nuggets Mashed potatoes Oranges Milk Veg. Alt. Cheesy pasta	Sloppy Joes Carrots Peaches Milk Veg. Alt. grilled cheese	Chicken and Cheese Quesadilla Corn Pineapple Milk Veg. Alt. Cheese quesadilla
SNACK 2:30-3:30	Sting Cheese crackers	Yogurt and Graham crackers (WG)	Animal crackers (WG) Juice	Cheez-its(WG) Apple Sauce	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.