








# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Wilmington Menu

Week of	9/2	9/3	9/4	9/5	9/6
<b>Breakfast</b>	School Closed	Whole Wheat Pancake & Sausage Bites  Blueberries  Milk	Assorted Bagels with Cream Cheese  Apple Slices  Milk	Egg & Bacon Scrambled Eggs  Banana  Milk	Whole Wheat Pancakes  Mixed Melon  Milk
<b>Lunch</b>	Labor Day!	Chicken & Cheese Quesadillas on Whole Wheat Tortillas  Black Beans & Corn  Orange Slices  Milk	Ham & Cheese on Whole Wheat Bread  Pickle Spears  Honeydew Melon  Milk	Pepperoni Pizza on Whole Wheat Pita Bread  Green Beans  Cantaloupe  Milk	Sneaky Mac & Cheese with Carrots & Sweet Potato  Fruit Salad  Milk
<b>PM Snack</b>	School Closed	Guacamole & Pretzels to Dip  Water	Banana & Chocolate Chip "Ice Cream" in a Waffle Cone  Water	Fruit Salsa & Baked Cinnamon Pita Chips  Water	Sun Butter & Jelly Roll Ups on Whole Wheat Tortillas  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\*

# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Wilmington Menu

Week of	9/9	9/10	9/11	9/12	9/13
<b>Breakfast</b>	Whole Wheat Blueberry Pancakes  Banana Milk	Strawberry & Banana Muffins Honeydew Melon Milk	Egg & Bacon Scrambled Eggs Blueberries Milk 	Whole Wheat French Toast Orange Slices Milk 	Whole Wheat Pancakes Mixed Berries Milk
<b>Lunch</b>	Cheesy Baked Ziti Carrots Apple Slices  Milk	Turkey, Ham & Cheese on Whole Wheat Bread Cucumber Slices Cantaloupe  Milk	Ground Beef Tacos with Shredded Cheese, Lettuce, Tomato, and Sour Cream on Whole Wheat Tortillas Mixed Berries Milk 	Chicken, Bacon & Ranch Sliders on Whole Wheat Buns Mixed Melon Milk	Bowtie Pasta with Ground Beef & Mixed Veggies in Marinara Fruit Salad Milk
<b>PM Snack</b>	Mixed Fruit & Yogurt Dip Water	Apple Slices & Cheese Bites Water 	Banana Split Yogurt Cups with Layers of Yogurt, Banana Slices & Granola Water	Strawberry Bruschetta with Toasted Baguette Slices Water 	Mixed Berry & Yogurt Smoothies 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\*

# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Wilmington Menu

Week of	9/16	9/17	9/18	9/19	9/20
<b>Breakfast</b>	Biscuits & Gravy Blueberries Milk 	Whole Wheat Banana & Chocolate Chip Pancakes Orange Slices Milk	Egg & Cheese Scrambled Eggs Apple Slices  Milk	Banana & Cinnamon Oatmeal Cantaloupe  Milk	Egg, Sausage & Cheese on Whole Wheat Buns Banana  Milk
<b>Lunch</b>	Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Cauliflower Banana Milk	Chicken Parmesan Pasta in Marinara Sauce Green Beans Honeydew Melon Milk	Turkey, Bacon, Lettuce & Cheese in a Pita Pocket Pickle Spears 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>	Trail Mix with Chex, Cheerios, Goldfish, Pretzels & Dried Strawberries 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










\*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\*

# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Wilmington Menu

Week of	9/23	9/24	9/25	9/26	9/27
<b>Breakfast</b>	Whole Wheat Banana Pancakes Blueberries  Milk	Egg & Cheese Toast Honeydew Melon  Milk	Egg & Bacon Scrambled Eggs Apple Slices  Milk	Assorted Bagels & Cream Cheese Banana  Milk	Strawberry Muffins Mixed Melon Milk
<b>Lunch</b>	Chicken, Bell Pepper & Bean Fajitas on Whole Wheat Tortillas Cantaloupe  Milk	Ham & Cheese Sliders on Whole Wheat Buns Mixed Veggies Orange Slices  Milk	Taco Pizza with Ground Beef, Tomato, Lettuce, Shredded Cheese, and Sour Cream on Whole Wheat Pita Bread Mixed Berries  Milk	Shell Pasta with Sausage, Bell Peppers & Zucchini in Pink Sauce Orange Slices Milk	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Carrots Fruit Salad Milk
<b>PM Snack</b>	Cucumber, Cheese Bites & Grape Tomato Salad Served with Crackers Water	Hummus with Cucumber Slices & Crackers Water	Strawberry Frozen Yogurt in a Waffle Cone Water 	Turkey & Cheese Bites Roll Ups Served with Crackers Water	Cinnamon Apples & Yogurt 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\*

# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Wilmington Menu

Week of	9/30	10/1	10/2	10/3	10/4
<b>Breakfast</b>	Scrambled Eggs with Cheese  Banana Milk	Whole Wheat Pancake & Bacon Dippers  Cantaloupe Milk	Assorted Bagels & Cream Cheese Blueberries Milk 	Banana & Chocolate Chip Muffins Mixed Berries Milk 	Whole Wheat Pancakes Banana Milk 
<b>Lunch</b>	Turkey, Bacon, Cheese & Lettuce in a Pita Pocket Pickle Spears Apple Slices Milk 	Shell Pasta with Sausage and Mixed Veggies in Marinara Sauce Orange Slices Milk 	Pasta Salad with Chickpeas, Cucumber Slices, Grape Tomato & Pepperoni Honeydew Melon Milk 	Ground Beef & Bean Chili with Bell Peppers and Corn Cornbread Mixed Melon Milk	Chicken & Bacon Alfredo Pizza on Whole Wheat Pita Bread Fruit Salad Milk
<b>PM Snack</b>	Soft Pretzel & Queso Dip Water	Cookie Dough Hummus with Graham Crackers to Dip 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

\*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\*