

KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

WEEK:
Menu B

Note: All juice is 100% Vitamin C fortified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 9:00-10:00am	Rice Crispi's Pineapple Milk	Oatmeal (WG) Peaches Milk	Pancakes or Waffles (WG) Pears Milk	Bagels/ Cream Cheese Mandarin Oranges Milk	Toastee O's (WG) Mixed fruit Milk
LUNCH 11:45-12:45	Cheese burger soup w/ noodles (WG Pasta) Corn Oranges Milk Veg. Alt. Pasta w/ no meat	Bean and Cheese burritos (WG Tortillas) Carrots Pears Milk	Chicken and Cheese enchiladas Mixed Vegetable Oranges Milk Veg. Alt. Grilled Cheese	Turkey Marinara and Pasta (WG Pasta) Green Beans Peaches Milk Veg. Alt. Pasta w/ no meat	Chicken Patty Sandwiches Apples Mashed Potatoes Milk Veg. Alt. grilled cheese
SNACK 2:30-3:30	Animal Crackers (WG) Applesauce	Chex Mix (WG) Juice	Muffins Juice	String Cheese Ritz crackers	Cheez-its (WG) Mixed 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.