

# Kiddie Academy of Virginia Beach

Menu Plan for November 4th, 2024 through November 15th, 2024

	MONDAY - Nov. 4th	TUESDAY - Nov. 5th	WEDNESDAY - Nov. 6th	THURSDAY - Nov. 7th	FRIDAY - Nov. 8th
AM SNACK	Cheese Omelets, Milk	<b>Public Schools are Closed - Election Day</b> Whole-grain Biscuits, 100% Strawberry Jam, Milk	Whole-grain Cereal, Milk	Whole-grain Hot Oatmeal with Diced Peaches, Milk	Whole-grain Cereal, Milk
LUNCH	Whole-grain Corn Dog Nuggets, Green Beans, Diced Pears	<b>TACO TUESDAY</b> Beef Taco, Yellow Rice, Diced Peaches, Milk	Macaroni & Cheese, Sweet Peas, Fresh Whole Bananas, Milk	Vegetable Beef Soup, Mixed Vegetables, Pineapple Tidbits, Milk	<b>Yee-Haw!</b> Cowboy Beans (Diced Hotdogs for <2 and Whole Hotdogs for >2, Baked Beans) Fruit Salad, Milk
PM SNACK	Whole-grain Cinnamon Crunch Bars, Gogurt, Water	Whole-grain Cheez-It Crackers, Low-Fat Mozzarella Cheese Sticks, Water	Whole-grain Scooby Doo Bones, Applesauce cups, Water	Whole-grain Chocolate Tiger Bites, Oranges Slices, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice
	MONDAY - Nov. 11th	TUESDAY - Nov. 12th	WEDNESDAY - Nov. 13th	THURSDAY - Nov. 14th	FRIDAY - Nov. 15th
AM SNACK	<b>Public Schools are Closed - Veteran's Day</b> Whole-grain Waffles, Milk	Low-Fat Vanilla Yogurt, Eggo Graham Bites, Water	Whole-grain Cereal, Milk	Scrambled Eggs, Turkey Sausage Links, Milk	Whole-grain Cereal, Milk
LUNCH	Whole-grain Chicken Nuggets, Green Beans, Diced Pears, Milk	Chicken Noodle Soup, Diced Carrots, Diced Peaches, Milk	Hamburger Goulash with Whole-grain Elbow Noodles, Peas, Mandarin Oranges, Milk	Teriyaki Chicken, Steamed White Rice, Pineapple Tidbits, Milk	Cheese Quesadillas, Diced Carrots, Tropical Fruit Salad, Milk
PM SNACK	Whole-grain Bug Bites, Sliced Oranges, Water	Whole-grain Gold Fish Crackers, Cheddar Cheese Cubes, Water	Whole-grain Animal Crackers, Applesauce Cups, Water	Whole-grain Teddy Grahams, Gogurt, 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.**