

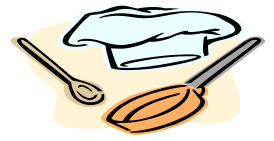


KIDDIE ACADEMY

EDUCATIONAL CHILD CARE

HERE'S WHAT'S COOKING!

Kiddie Academy of Plumsteadville's Menu



Week C (30-3)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	WAFFLE AND MILK	GO-GURT AND MILK	FRESH FRUIT AND MILK	SOFT PRETZEL AND MILK	WHOLE GRAIN CEREAL AND MILK
LUNCH	TRI-COLOR BUTTERED PASTA, CARROTS, PEACHES AND MILK	HOT TURKEY WITH GRAVY, MASHED POTATOES, APPLE SAUCE AND MILK	TUNA FISH SANDWICH ON WHEAT BREAD, GREEN BEANS, ORANGES AND MILK	CREAMY CHICKEN AND RICE, MIXED VEGETABLES, PINEAPPLES AND MILK	WHOLE GRAIN PASTA WITH TOMATO SAUCE, PEAS, MIXED FRUIT, MILK
PM SNACK	PRETZELS AND WATER	GRAHAM CRACKERS AND WATER	CHOCOLATE CHIP COOKIES AND WATER	GOLDFISH CRACKERS AND WATER	VEGGIE STRAWS AND WATER
Week D (6-10)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	MUFFINS AND MILK	NUTRI-GRAIN CEREAL BAR AND MILK	FRESH FRUIT AND MILK	SOFT PRETZEL AND MILK	WHOLE GRAIN CEREAL AND MILK
LUNCH	TORTELLINI, CORN, PINEAPPLES AND MILK	CHICKEN NUGGETS, BROCCOLI, PEACHES AND MILK	BROWN GRAVY NOODLES, MIXED VEGETABLES, APPLE SAUCE AND MILK	PIZZA MELT, GREEN BEANS, PEARS AND MILK	MAC AND CHEESE, STEWED TOMATOES, MIXED FRUIT AND MILK
PM SNACK	ANIMAL CRACKERS AND WATER	VEGGIES WITH RANCH DIP AND WATER	VANILLA WAFERS AND WATER	CRACKERS AND WATER	PRETZELS AND WATER
Week E (13-17)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	PANCAKE AND MILK	RICE CAKE AND MILK	FRESH FRUIT AND MILK	SOFT PRETZEL AND MILK	WHOLE GRAIN CEREAL AND MILK
LUNCH	WHOLE GRAIN PASTA WITH TOMATO SAUCE, CORN, APPLE SAUCE AND MILK	CHICKEN PATTY ON BUN, BAKED BEANS, PEACHES AND MILK	CREAMY CHICKEN AND RICE, BROCCOLI, ORANGES AND MILK	GRILLED CHEESE SANDWICH ON WHEAT BREAD, STEWED TOMATOES, PEARS AND MILK	TRI-COLOR BUTTERED PASTA, MIXED FRUIT, MIXED VEGETABLES AND MILK
PM SNACK	VEGGIE STRAWS AND WATER	CHEESE STICK, CRACKERS AND WATER	CHOCOLATE CHIP COOKIES AND WATER	GRAHAM CRACKERS AND WATER	FIG NEWTONS AND WATER
Week F (20-24)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	FRENCH TOAST STICKS AND MILK	BAGELS WITH CREAM CHEESE AND MILK	FRESH FRUIT AND MILK	SOFT PRETZEL AND MILK	WHOLE GRAIN CEREAL AND MILK
LUNCH	BROWN GRAVY NOODLES, PEAS, APPLE SAUCE AND MILK	RICE AND BEANS WITH CHIPS, CORN, ORANGES AND MILK	TUNA PASTA SALAD, PEACHES, GREEN BEANS AND MILK	DELI SANDWICH ON WHEAT BREAD, PICKLES, PEARS AND MILK	CHEESE QUESADILLA, SALSA, MIXED VEGETABLES, MIXED FRUIT AND MILK
PM SNACK	ANIMAL CRACKERS AND WATER	PRETZELS AND WATER	VANILLA WAFERS AND WATER	VEGGIES WITH RANCH DIP AND WATER	CHEDDAR MUNCHIE MIX AND WATER
Week B (27-31)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	PANCAKE AND MILK	CINNAMON BREAD WITH CREAM CHEESE AND MILK	FRESH FRUIT AND MILK	SOFT PRETZEL AND MILK	WHOLE GRAIN CEREAL AND MILK
LUNCH	WHOLE GRAIN PASTA TOMATO SAUCE, MIXED VEGETABLES, PEACHES AND MILK	HOT GLAZED HAM, GREEN BEANS, PINEAPPLES AND MILK	CHICKEN SALAD SANDWICH, PEAS, APPLE SAUCE AND MILK	MEATBALLS WITH TOMATO SAUCE, MASHED POTATOES, APPLE SAUCE AND MILK	MAC AND CHEESE, STEWED TOMATOES, MIXED FRUIT AND MILK
PM SNACK	CHEX MIX AND WATER	RICE CAKE AND WATER	CRACKERS AND WATER	VEGGIE STRAWS AND WATER	ANIMAL CRACKERS AND WATER