









# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE



### Kiddie Academy of Wilmington Menu

Week of	12/2	12/3	12/4	12/5	12/6
<b>Breakfast</b>	Whole Wheat Pancakes  Blueberries  Milk 	Peach & Cinnamon Muffins  Apple slices  Milk 	Biscuits & Gravy  Banana  Milk	Egg & Ham Scrambled Eggs  Cantaloupe  Milk 	Whole Wheat French Toast  Mixed Melon  Milk
<b>Lunch</b>	Pepperoni Pizza Quesadillas on Whole Wheat Tortillas  Orange slices  Green beans  Milk	Cavatappi Pasta with Meatballs in Alfredo Sauce  Mixed Veggies  Honeydew melon  Milk	BBQ Chicken Sliders Topped with Mozzarella on Whole Wheat Buns  Cauliflower  Mixed Berries   Milk	Chicken & Bean Burrito with Lettuce, Tomato & Sour Cream on a Whole Wheat Tortilla  Orange Slices   Milk	Elbow Pasta with Chicken in Pink Sauce  Carrots  Fruit Salad  Milk
<b>PM Snack</b>	Turkey & Cheese Bites Roll Ups Served with Crackers  Water	Mixed Berry Frozen Yogurt in a Waffle Cone  Water	Avocado Dip & Pita Chips  Water	Apple Pie Snack Cups with Layers of Apple, Yogurt & Granola  Water	Apple Slices & Cheese Bites  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\*









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### Kiddie Academy of Wilmington Menu

Week of	12/9	12/10	12/11	12/12	12/13
<b>Breakfast</b>	Assorted Bagels with Cream Cheese Banana Milk	Egg & Sausage Scrambled Eggs Honeydew Melon Milk	Avocado & Blueberry Muffins Apple Slices  Milk	Silly Animal Toast with a Jelly Spread, Blueberries, Strawberries & Banana Slices Milk 	Egg & Cheese Quesadilla on a Whole Wheat Tortilla Mixed Melon Milk
<b>Lunch</b>	Turkey & Cheese on Whole Wheat Bread Pickle Spears Blueberries  Milk	Cheeseburger Joes on Whole Wheat Buns Carrots Orange Slices Milk	Tortellini with Sneaky Spinach & Bell Peppers in Pink Sauce Mixed Berries  Milk	Ground Beef & Bean Chili with Corn & Bell Peppers Cornbread Cantaloupe  Milk	Chicken Parmesan Sliders on Whole Wheat Buns Mixed Veggies Fruit Salad Milk
<b>PM Snack</b>	Peaches & Cream Smoothies Served with Graham Crackers Water	Pepperoni, Cheese Bites & Crackers Water	Yogurt Parfait with Granola & Mixed Fruit Water	Fruit Filled Waffle Cones Water	Baked Banana & Chocolate Chip Bars Water 

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### Kiddie Academy of Wilmington Menu

Week of	12/16	12/17	12/18	12/19	12/20
<b>Breakfast</b>	Egg & Ham Scrambled Eggs Banana  Milk	Whole Wheat Banana Pancakes Honeydew Melon Milk	Whole Wheat French Toast Apple Slices  Milk	Blueberry Muffins Cantaloupe  Milk	Egg, Sausage & Cheese Scrambled Eggs Mixed Melon Milk
<b>Lunch</b>	Penne Pasta with Mixed Veggies and Meatballs in Marinara Sauce Blueberries  Milk	Grilled Cheese on Whole Wheat Bread Tomato Soup Orange Slices Milk	Stuffed Pita Tacos with Ground Beef, Tomato, Shredded Cheese, Lettuce & Sour Cream Mixed Berries Milk	Bowtie Pasta with Chicken and Broccoli in Alfredo Sauce Orange Slices  Milk	Turkey, Bacon, Lettuce, and Tomato Stuffed Pita Pockets Fruit Salad Milk
<b>PM Snack</b>	Apple Nachos with Greek Yogurt & Granola Toppings  Water	Hummus with Cucumber Slices & Crackers Water	Pretzels & Sun Butter Dip Water	Banana & Yogurt Popsicles Water	Guacamole & Pretzels to Dip Water

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### Kiddie Academy of Wilmington Menu

Week of	12/23	12/24	12/25	12/26	12/27
<b>Breakfast</b>	Assorted Bagels with Cream Cheese  Banana Milk	School Closed	School Closed	Maple & Brown Sugar Oatmeal  Apple Slices Milk	Whole Wheat Pancakes Orange Slices  Milk
<b>Lunch</b>	Ham & Cheese on Whole Wheat Bread Carrots Honeydew Melon Milk			Turkey, Bacon & Avocado Roll Ups on Whole Wheat Tortillas Green Beans Blueberries  Milk	Bow Tie Pasta with Meatballs in Alfredo Sauce Mixed Veggies Fruit Salad Milk
<b>PM Snack</b>	Trail Mix with Chex, Cheerios, Goldfish, Pretzels & Dried Strawberries Water	School Closed	School Closed	Cookie Dough Hummus with Graham Crackers to Dip Water	Sun Butter & Jelly Roll Ups on Whole Wheat Tortillas Water

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### Kiddie Academy of Wilmington Menu

Week of	12/30	12/31	1/1	1/2	1/3
<b>Breakfast</b>	Strawberry & Banana Muffins Blueberries  Milk	Egg & Bacon Scrambled Eggs Cantaloupe  Milk	School Closed	Whole Wheat Blueberry Pancakes Apple Slices  Milk	Whole Wheat French Toast Orange Slices  Milk
<b>Lunch</b>	Cheesy Baked Ziti Carrots Orange Slices Milk	Turkey, Ham & Cheese on Whole Wheat Bread Pickle Spears Fruit Salad Milk		Chicken, Bacon & Ranch Sliders on Whole Wheat Buns Green Beans Honeydew Melon Milk	Ground Beef Tacos with Shredded Cheese, Lettuce, Tomato, and Sour Cream on Whole Wheat Tortillas Fruit Salad Milk
<b>PM Snack</b>	Apple Slices & Cheese Bites Water 	Banana & Chocolate Chip "Ice Cream" in a Waffle Cone Water	School Closed	Fruit Salsa & Baked Cinnamon Pita Chips Water	Mixed Berry & Yogurt Smoothies Served with Crackers Water

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