KIDDIE ACADEMY®
EDUCATIONAL CHILD CARE

MENU PLAN WITH BREAKFAST
Kiddie Academy of Asheville

wk of 12/14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	graham crackers water	breakfast cereal bar water	bananas water	fig bar water	breakfast biscuit water
Breakfast	cereal with milk strawberries milk	homemade raspberry and lemon muffins grapes milk	whole wheat bagel sandwich with egg mixed fruit milk	waffles and homemade fruit smoothie milk	organic vanilla yogurt granola mixed berries milk
Lunch	homemade turkey meatloaf whole wheat bread and butter broccoli peaches milk	baked chicken tenders whole wheat rolls garlic green beans pears milk	chilli mac'n cheese seasoned corn apples/apple sauce milk	home made cream of chicken soup with whole wheat roll mixed veggies mandarins milk	Italian sausage seasoned potatoes succotash mixed fruit milk
PM Snack	grapes organic popcorn water	goldfish crackers apple slices water	veggie straws oranges water	cheddar rice cakes raisins water	chefs choice water

Note: All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)
Milk – Fat Free or 1% (non-flavored) for ages 2 and older
Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit
Bread – all breads, crackers and bagels, etc. should be whole-grain

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