

**We are your partners in promoting healthy eating habits.**

Our meals are served family style. This means that during mealtime, children learn more than just healthy eating; they practice manners, conversation, respect and sharing

Here's what you can expect from our menus:

- We offer seasonal fruits and vegetables
- Yogurt and milk are fat free or low fat (1%), cheeses are unprocessed and low fat Whole grains are served daily
- No hydrogenated/partially hydrogenated oils are used
- We never serve fried food, and canned items are in water only



Kiddie Academy of Des Peres

## Week A Menu

2026-2027 School Year

| Meal            | Monday                                                                                                         | Tuesday                                                         | Wednesday                                                                                                                 | Thursday                                                                                                                     | Friday                                                       |
|-----------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>AM Snack</b> | Cheerios<br><br>Organic Milk | Turkey Sausage<br><br>Organic Milk                              | French Toast Sticks<br><br>Organic Milk | English Muffin Jelly<br><br>Organic Milk | Apple Cinnamon Oatmeal<br><br>Organic Milk                   |
| <b>Lunch</b>    | Bosco Sticks<br><br>California Blend<br>Banana<br>Organic Milk                                                 | Vegetarian Bean Burrito<br>Green Beans<br>Mango<br>Organic Milk | Mac +Cheese w/ Chicken<br>Italian Blend<br>Strawberries<br>Organic Milk                                                   | Fish Sticks<br>Broccoli<br>Oranges<br>Organic Milk                                                                           | Sunbutter + Jelly<br>Cucumbers<br>Cantaloupe<br>Organic Milk |
| <b>PM Snack</b> | Goldfish<br>Honeydew<br>Water                                                                                  | Pretzels +<br>Hummus<br>Water                                   | Animal Crackers<br>Applesauce Cups<br>Water                                                                               | Cinnamon Raisin Bagel +<br>Cream Cheese<br>Water                                                                             | Blueberry Lemon Bites<br><br>Water                           |



## Week B Menu

2026-2027 School Year

|             | Monday                                                                                                         | Tuesday                                                                                          | Wednesday                                                                     | Thursday                                                                | Friday                                                      |
|-------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------|
| AM<br>Snack | Cheerios<br><br>Organic Milk | Cinnamon<br>Toast<br><br>Organic Milk                                                            | Yogurt<br>+<br>Blueberries<br><br>Organic Milk                                | Mini Strawberry<br>Cream Cheese<br>Stuffed Bagels<br><br>Organic Milk   | Egg Omeletw/<br>Cheese<br><br>Organic Milk                  |
| Lunch       | Chicken Pot Pie<br><br>Biscuit<br><br>Peaches<br><br>Organic Milk                                              | Cheese Ravioli<br>w/ Garlic Butter<br><br>California Blend<br><br>Cantaloupe<br><br>Organic Milk | Hamburger on<br>Bread<br><br>Green Beans<br><br>Pineapple<br><br>Organic Milk | Rice, Salsa +<br>Beans<br><br>Broccoli<br><br>Mango<br><br>Organic Milk | Chicken O's<br><br>Carrots<br><br>Pears<br><br>Organic Milk |
| PM<br>Snack | Ritz Crackers<br>+<br>Sunbutter<br><br>Water                                                                   | Nutrigrain Bar<br><br>Water                                                                      | String Cheese<br><br>Apples<br><br>Water                                      | Fig Newton<br><br>Water                                                 | Mini Blueberry<br>Muffin<br><br>Water                       |

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## Week C Menu

2026-2027 School Year

| Meal            | Monday                                                                                                         | Tuesday                                                                                                                   | Wednesday                                                         | Thursday                                                               | Friday                                                                                                     |
|-----------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>AM Snack</b> | Cheerios<br><br>Organic Milk | French Toast Sticks<br><br>Organic Milk | Apple Cinnamon Oatmeal<br><br>Organic Milk                        | Banana Muffin<br><br>Organic Milk                                      | Turkey Sausage<br><br>Organic Milk                                                                         |
| <b>Lunch</b>    | Pasta Alfredo w/Chicken<br><br>Broccoli<br><br>Peaches<br><br>Organic Milk                                     | Fish Sticks<br><br>Italian Blend<br><br>Pears<br><br>Organic Milk                                                         | Grilled Cheese<br><br>Carrots<br><br>Honeydew<br><br>Organic Milk | Meatballs<br><br>California Blend<br><br>Pineapple<br><br>Organic Milk | Sunbutter+ Jelly<br><br>Green Beans<br><br>Applesauce Cups<br><br>Organic Milk                             |
| <b>PM Snack</b> | Graham Crackers<br>Banana<br><br>Water                                                                         | Cinnamon Raisin Bagel w/ Cream Cheese<br><br>Water                                                                        | Cucumbers + Hummus<br><br>Water                                   | Pretzels<br>Oranges<br><br>Water                                       | Goldfish<br><br>Water |

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## Week D Menu

2026-2027 School Year

| Meal            | Monday                                                                                                        | Tuesday                                                                  | Wednesday                                                              | Thursday                                                                    | Friday                                                                                                                      |
|-----------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>AM Snack</b> | Cheerios<br><br>Organic Milk | Mini Strawberry Cream Cheese Stuffed Bagels<br><br>Organic Milk          | Yogurt + Raspberries<br><br>Organic Milk                               | Mini Blueberry Muffin<br><br>Organic Milk                                   | Egg Omelet w/ Cheese<br><br>Organic Milk |
| <b>Lunch</b>    | Vegetarian Chicken Sandwich<br><br>Cucumber<br><br>Cantaloupe<br><br>Organic Milk                             | Rice, Salsa + Beans<br><br>ItalianBlend<br><br>Pears<br><br>Organic Milk | Hamburger on Bread<br><br>Carrots<br><br>Pineapple<br><br>Organic Milk | Pizza Casserole<br><br>California Blend<br><br>Honeydew<br><br>Organic Milk | Chicken O's<br><br>Peaches<br><br>Peaches<br><br>Organic Milk                                                               |
| <b>PM Snack</b> | String Cheese<br><br>Apples<br><br>Water                                                                      | NutrigrainBar<br><br>Water                                               | Ritz Crackers + Sunbutter<br><br>Water                                 | Graham Crackers<br>Oranges<br><br>Water                                     | Fig Newton<br><br>Water                                                                                                     |