

MENU PLAN

Kiddie Academy® of Northpointe

For the week of: Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Raisins Milk	Pancakes Sausage Fresh Fruit Milk	Bagels Cream Cheese Fresh Fruit Milk	Cinnamon Rolls Fresh Fruit Milk	Oatmeal Fresh Fruit Milk
Lunch	Meatball Subs Tossed Salad Fresh Fruit Milk	Chicken Nuggets Mash Potatoes Corn Milk	Grilled Cheese Green Beans Fresh Fruit Milk	Taco Salad Beans Mixed Fruit Milk	Chicken Taquitos Spanish Rice Mixed Fruit Milk
PM Snack	Vanilla Wafers Water	Sweet Potato Crackers Applesauce Water	Vanilla Yogurt Water	Nutri Grain Bar Water	Goldfish Crackers Water

Notes:

- Milk – 2% (non-flavored) for ages 3 and older. Whole Milk for ages 2 and under.
- Bread and Pasta – Whole grain options will be used whenever possible
- Toddlers will be given substitutions as necessary.

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For the week of: Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blueberry Muffin Fresh Fruit Milk	English Muffins Roasted Potatoes Fresh Fruit	French Toast Fresh Fruit Milk	Toast Sausage Milk	Breakfast Fruit Bar Fresh Fruit Milk
Lunch	Seasoned Rice with Chicken Steamed Vegetables Fresh Fruit Milk	Soft Tacos Corn Fresh Fruit Milk	Chicken Sandwich Sweet Potato Tater Tots Milk	BBQ Chicken Beans Cornbread Milk	Fun Friday! Breakfast For Lunch! Milk
PM Snack	Pudding Water	Cheese Cubes Crackers Water	Graham Crackers Water	Nutri Grain Bar Water	Vanilla Wafers Water

Notes:

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- Bread and Pasta – Whole grain options will be used whenever possible
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For the week of: Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple Zucchini Muffins Fresh Fruit Milk	Cereal Fresh Fruit Milk	Waffles & Bacon Fresh Fruit Milk	Sausage Biscuits Mixed Fruit Milk	Breakfast Fruit Bar Fresh Fruit Milk
Lunch	Macaroni and Cheese Peas Fresh Fruit Milk	Bean and Cheese Burritos Spanish Rice Fresh Fruit Milk	Turkey and Cheese Subs Carrots Fresh Fruit Milk	Chicken Pot Pie Mixed Fruit Milk	Ravioli Corn Fresh Fruit Milk
PM Snack	Goldfish Crackers Water	Veggie Crackers Water	Craisins Graham Crackers Water	Vanilla Wafers Water	Pudding Fresh Fruit Water

Notes:

- Milk – 2% (non-flavored) for ages 3 and older. Whole Milk for ages 2 and under.
- Bread and Pasta – Whole grain options will be used whenever possible
- Toddlers will be given substitutions as necessary.

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For the week of: Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Fresh Fruit Milk	Sausage Roasted Potatoes Fresh Fruit Milk	Biscuit and Jelly Fresh Fruit Milk	Breakfast Fruit Bar Fresh Fruit Milk	French Toast Fresh Fruit Milk
Lunch	Chicken Quesadilla Rice Mixed Fruit Milk	Cheese Pizza Peas Mixed Fruit Milk	Corndogs Carrots Milk	Shepard's Pie Fresh Fruit Milk	Hamburgers on a Bun (w/ Cheese) Tater Tots Milk
PM Snack	Cheese Cubes Ritz Crackers Water	Nutri Grain Bars Water	Vanilla Yogurt Water	Graham Crackers Fresh Fruit Water	Pudding Water

Notes:

- **Milk – 2% (non-flavored) for ages 3 and older. Whole Milk for ages 2 and under.**
- **Bread and Pasta – Whole grain options will be used whenever possible**
- **Toddlers will be given substitutions as necessary.**