

## Kiddie Academy of West Cary April Menu Plan

Week of Apr 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK			Biscuits with jelly	Kix cereal and milk	
LUNCH			Cowboy chili with fresh ground turkey, fresh apples, and crackers	Home-made chicken and rice, with fresh carrots, fresh chicken breast and baked apples	
VEGETARIAN LUNCH			No turkey	Tomato soup with noodles	
PM SNACK			Trail mix w/raisins	Veggie sticks and oranges	
Week of Apr 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Life cereal and milk	French toast sticks	Bagel w/ cream cheese	Biscuits and cheese	Yogurt and granola
LUNCH	Baked beans and turkey dogs, crackers and mix fruit	Mac and cheese with tomatoes, fresh turkey and sliced apples	Chili with fresh black beans, Navy beans, tomatoes and fresh ground turkey, and oranges	Chicken nuggets, fresh broccoli, pineapples and oranges	Smoked deli turkey and Swiss cheese on whole wheat, cucumbers and fresh oranges
VEGETARIAN LUNCH	No turkey	No turkey	No turkey	Cheese quesadillas	No turkey
PM SNACK	Veggie sticks and fig newtons	Apples, raisins, pretzels and soy butter	Soy butter and crackers	Granola mix	Fresh oranges and wheat thins
Week of Apr 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Life cereal and bananas	Biscuits with jelly	Baked apples and biscuits	Yogurt and granola	Kix cereal with milk
LUNCH	White beans and rice with cheese and fresh oranges	Cheese and black beans quesadilla with fresh tomatoes, Mexican rice and sliced apples	Chicken and rice, broccoli and fresh oranges	Shepherd's pie with ground turkey, mashed potatoes, corn and cheese served with baked apples	Soy butter and jelly on whole wheat, past salad with fresh veggies, and fresh oranges
VEGETARIAN LUNCH	All Vegetarian	All Vegetarian	No chicken	No turkey	All Vegetarian
PM SNACK	Veggie stix and cheese	Fig newtons and oranges	Pimento cheese and crackers	Soy butter and graham crackers	Goldfish and raisins
Week of Apr 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Blueberry bagels and cream cheese	Yogurt with peaches	Berry smoothies	French toast sticks	Life cereal
LUNCH	Pinto beans with Spanish rice, cheese and fresh apples	Fresh ground turkey, cheese, and tomato soup and fresh apples	Chicken bowl with mashed potatoes, corn, cheese and chicken and baked apples	White bean burritos, with cheese, fresh fruit salad	Home-made pimento cheese on whole wheat, salad with fresh veggies and fresh oranges
VEGETARIAN LUNCH	All Vegetarian	No turkey	No chicken	All Vegetarian	All Vegetarian
PM SNACK	Fig newtons and pretzels	Cheese sticks and wheat thins	Cheez-Its, granola and raisins	Pudding with bananas	Soy butter and graham crackers
Week of Apr 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Blueberry bagels and cream cheese	Yogurt with peaches	Berry smoothies	Biscuits and jelly	Life cereal
LUNCH	Black beans and mashed potatoes, corn, cheese and fresh apples	BBQ chicken sandwich, baked beans and sliced oranges	Chicken bowl with mashed potatoes, corn, cheese and chicken and baked apples	Baked spaghetti with mozzarella cheese and cottage cheese, green beans and fresh apples	Swiss and American cheese roll-up, cucumbers and fresh oranges
VEGETARIAN LUNCH	All Vegetarian	Swiss and American cheese sandwich	No chicken	All vegetarian	All vegetarian
PM SNACK	Fig newtons and pretzels	Cheese sticks and wheat thins	Cheese-its, granola and raisins	Soy butter and graham crackers	Raisins and cheese-its