

Kiddie Academy of St Johns Menu

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Qtr 4 2026
1	AM Snack: Cereal w/ Seasonal Fruit Lunch: Creamy Chicken Pasta Seasonal Veggies Seasonal Fruit PM Snack: Cheese It w/ Seasonal Fruit	AM Snack: Banana Muffin Lunch: Fish Sticks Seasonal Veggies Seasonal Fruit PM Snack: Shortbread Cookies w/ Seasonal Fruit	AM Snack: Waffle w/ Seasonal Fruit Lunch: Hamburger Tater Tots Seasonal Fruit PM Snack: Animal Crackers w/ Fruit Juice	AM Snack: Cereal w/ Seasonal Fruit Lunch: Chicken Pot Pie w/ Rice Seasonal Fruit PM Snack: Ritz Crackers w/ Cheese	AM Snack: Biscuit w/ Fruit Spread Lunch: Sloppy Joe Seasonal Veggies Seasonal Fruit PM Snack: Chex Mix w/ Seasonal Fruit	Sep 28 – Week 02 Oct 5 – Week 03 Oct 12 – Week 04 Oct 19 – Week 01 Oct 26 – Week 02 Nov 2 – Week 03 Nov 9 – Week 04 Nov 16 – Week 01 Nov 23 – Week 02 Nov 30 – Week 03 Dec 7 – Week 04 Dec 14 – Week 01 Dec 21 – Week 02 Dec 28 – Week 03
2	AM Snack: Cereal w/ Seasonal Fruit Lunch: Mac-N-Cheese/chicken Seasonal Veggies Seasonal Fruit PM Snack: Cheese It w/ Seasonal Fruit	AM Snack: Blueberry Muffin Lunch: Chicken Nuggets Seasonal Veggies Seasonal Fruit PM Snack: Shortbread Cookies w/ Seasonal Fruit	AM Snack: Pancakes w/ Seasonal Fruit Lunch: Chicken Tacos Seasonal Veggies Seasonal Fruit PM Snack: Graham Crackers w/ Fruit Juice	AM Snack: Cereal w/ Seasonal Fruit Lunch: BBQ Chicken Sliders Seasonal Veggies Seasonal Fruit PM Snack: Ritz Crackers w/ Cheese	AM Snack: French Toast Sticks Seasonal Fruit Lunch: Cheese Pizza Seasonal Veggies Seasonal Fruit PM Snack: Chex Mix w/ Seasonal Fruit	
3	AM Snack: Cereal w/ Seasonal Fruit Lunch: Chicken Marinara Pasta Seasonal Veggies Seasonal Fruit PM Snack: Cheese It w/ Seasonal Fruit	AM Snack: Banana Muffin Lunch: Taco Tuesday Fish Sticks Seasonal Veggies Seasonal Fruit PM Snack: Shortbread Cookies w/ Seasonal Fruit	AM Snack: Waffle w/ Seasonal Fruit Lunch: Hamburger Tater Tots Seasonal Fruit PM Snack: Animal Crackers w/ Fruit Juice	AM Snack: Cereal w/ Seasonal Fruit Lunch: Chicken Pot Pie w/ Rice Seasonal Fruit PM Snack: Ritz Crackers w/ Cheese	AM Snack: Biscuit w/ Fruit Spread Lunch: Roasted Chicken w/ Rice Pilaf Seasonal Veggies Seasonal Fruit PM Snack: Chex Mix w/ Seasonal Fruit	
4	AM Snack: Cereal w/ Seasonal Fruit Lunch: Mac-N-Cheese w/ Roasted Chicken Seasonal Veggies Seasonal Fruit PM Snack: Cheese It w/ Seasonal Fruit	AM Snack: Blueberry Muffin Lunch: Chicken Nuggets Seasonal Veggies Seasonal Fruit PM Snack: Shortbread Cookies w/ Seasonal Fruit	AM Snack: Pancakes w/ Seasonal Fruit Lunch: Chicken Tacos Black Beans Seasonal Fruit PM Snack: Graham Crackers w/ Fruit Juice	AM Snack: Cereal w/ Oranges Lunch: BBQ Chicken Sliders Seasonal Veggies Seasonal Fruit PM Snack: Ritz Crackers w/ Cheese	AM Snack: French Toast Sticks Seasonal Fruit Lunch: Cheese Pizza Seasonal Fruit PM Snack: Chex Mix w/ Seasonal Fruit	

Age appropriate and dietary substitutions will be made accordingly to meet the nutritional needs of students. Menu is subject to change as needed.

Milk is served with AM Snack & Lunch. Milk options: Whole & 2%. Water is available throughout the day and is served with PM Snack, except where noted – Juice is 100% fruit juice.

All breads and crackers are whole-grain. All cheeses are unprocessed and low fat. Yogurt is fat free or low fat.

Internal Notes:

The following items do NOT contain eggs:

Waffles, Biscuit, Graham Crackers, Baked Chicken Nuggets The

following items DO contain eggs:

French Toast, Pancakes, Breaded Chicken

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