

KIDDIE ACADEMY.

EDUCATIONAL CHILD CARE

Kiddie Academy of Cedar Knolls

Week of 09/28/2026	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pita Bread/Jelly Milk	Cornflakes Applesauce Milk	Vanilla Parfait Fresh Fruit Granola Milk	Bagels/ Cream Cheese Milk	Ms. Sharday's Banana Muffins Applesauce Milk
Lunch	Pasta/ Marinara Sauce Broccoli Mandarin Oranges Milk	Rice/ Chicken Mixed Veggies Peaches Milk	Grilled Turkey/ Cheese Sandwiches Tomato Soup Pineapples Milk	Chicken Patty Sandwiches/ Bun Corn Pears Milk	Cheese Quesadilla Black beans/Corn Mandarin Orange Milk
PM Snack	Ritz Crackers String Cheese Water	Graham Crackers Water	Cheez- Its Water	Vanilla Wafers Water	Pretzels Water

- Organic milk- Fat Free or 1% (non-flavored) for ages 2 and older
- Fresh Fruit choices - oranges, bananas, sliced apples, melons, Berries, pears, mixed fruit etc.
- Bread and Pasta - Whole grain options will be used whenever possible.
- All cheese - to be unprocessed and low fat.
- No Fried items- Hydrogenated/partially hydrogenated vegetable oils are never to be used.
- Vegetarian substitutions - Chefs' Choice based on availability. Meat will either be excluded or replaced with items such as Veggie Patty, Veggie Nuggets, Sun Butter and Jelly sandwich, Grilled Cheese, Salad etc.