

MENU PLAN

Kiddie Academy® of Cambridge

For the week of: October 12, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Closed	Multigrain Cheerios & Blueberries Milk	Scrambled eggs w/spinach, cheese & ketchup Milk	Pancakes w/banana slices Milk	Whole wheat English muffin w/butter & Pineapple Milk
Lunch	Closed	Halal ground beef Tacos w/Mozzarella cheese, lettuce & Salsa Oranges Milk	Mac & Cheese tuna casserole Broccoli Watermelon Milk	Halal chicken Fajitas w/Red, green peppers & onions Brown Rice Cantaloupe Milk	Cheese Pizza Corn Honeydew Milk
Afternoon Snack	Closed	Applesauce Milk	Triscuits with apple slices Milk	Tortilla chips with Salsa Water	Fruit Salad Milk

Notes:

Milk – 1% (non-flavored) for ages 2 and older

Bread and Pasta – Whole grain options will be used whenever possible

All cheese – to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt – fat-free or low-fat 1%

At Least 1 whole grain to be included daily

Hydrogenated/partially hydrogenated vegetable oils are never to be used

All fish sticks, chicken nuggets and fries are oven baked