

MENU PLAN

Kiddie Academy® of Cambridge

For the week of: October 19, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain cheerios strawberries Milk	Yogurt Parfait banana crushed cheerios Milk	Whole wheat bread w/butter banana slices Milk	Corn Muffin peaches Milk	Crescent rolls apple slices Milk
Lunch	Turkey and Cheese Sandwich on whole wheat bread w/mayo Corn salad Watermelon Milk	American Chop suey halal ground beef w/ carrots & red peppers Pineapple Milk	Fish sticks w/ketchup French fries Whole wheat dinner roll Apples Milk	Chicken parm mozzarella cheese w/whole wheat spaghetti Roasted broccoli Cantaloupe Milk	Turkey Pepperoni Pizza Peas & carrots Honeydew Milk
Afternoon Snack	Hummus with sweet peppers Milk	Tortilla chips & salsa Milk	Club crackers w/slice of cheese Water	Cheez- itz Milk	Chex mix 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