







KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu

Week of	4/6	4/7	4/8	4/9	4/10
Breakfast	Whole Wheat Bagels & Cream Cheese Applesauce  Milk	Whole Wheat Pancakes Mixed Berries  Milk	Whole Wheat French Toast Apple Slices  Milk	Egg & Turkey Sausage Scrambled Eggs Mixed Melon Milk	Cheerios Cereal Banana  Milk
Lunch	Rotini Pasta with Chicken, & Broccoli in Alfredo Sauce Orange Slices  Milk	Pepperoni Pizza on Whole Wheat Pita Bread Mixed Veggies Honeydew Melon Milk	Chicken & Cheese Quesadillas on Whole Wheat Tortillas Black Beans & Corn Cantaloupe  Milk	Cheeseburger Joes on Whole Wheat Buns Carrots Orange Slices Milk	Ham & Cheese Sliders on Whole Wheat Buns Fruit Salad Pickle Spears Milk
PM Snack	Make Your Own Fruit & Cracker Pizza with Mixed Fruit and Graham Crackers Water	Sun Butter & Chocolate Chip Granola Bars Served with Bananas Water	Peach Frozen Yogurt in a Waffle Cone Water	Applesauce & Baked Cinnamon Pita Chips Water	Yogurt with Granola Water








*Milk – Fat Free or 1%(non-flavored) for ages 2 and older*Bread and Pasta – Whole grain options will be used whenever possible. At Least 1 whole grain to be included daily *All cheese – to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella. Yogurt – fat-free/low-fat 1%*

*Hydrogenated/partially hydrogenated vegetable oils are never to be used. Avoid fried versions of fish sticks, chicken nuggets and French fries*Vegetarian options available for every breakfast, lunch, and snack. No honey served to children under 1 year old *Hummus is sesame oil/tahini free.

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Week of	4/13	4/14	4/15	4/16	4/17
Breakfast	Whole Wheat Pancakes Banana Milk 	Yogurt Parfait with Mixed Fruit & Granola Milk 	Whole Grain Waffles Orange Slices Milk 	Egg & Turkey Sausage Scrambled Eggs Applesauce Milk	Banana & Chocolate Chip Muffins Honeydew Melon Milk 
Lunch	Ranch Chicken & Broccoli Over Brown Rice Apple Slices Milk 	Whole Grain Penne Pasta with Sausage, Bell Peppers & Zucchini in Pink Sauce Cantaloupe Milk 	Pepperoni Pizza Quesadillas on Whole Wheat Tortillas Green Beans Mixed Berries Milk	Whole Grain Macaroni & Cheese Baked Carrot Fries Mixed Melon Milk	Turkey & Cheese on Whole Wheat Bread Cucumber Slices Fruit Salad Milk
PM Snack	Fruit Salsa & Baked Cinnamon Pita Chips Water	Strawberry Bruschetta with Baguette Slices Water	Peaches & Cream Smoothies Served with Graham Crackers Water	Pretzels & Sun Butter Dip Water	Apple Pie Snack Cups with Layers of Apple, Yogurt & Granola Water 









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Week of	4/20	4/21	4/22	4/23	4/24
Breakfast	Assorted Bagels & Cream Cheese Apple Slices  Milk	Whole Wheat Pancakes Orange Slices  Milk	Egg & Bacon Scrambled Eggs Blueberries Milk	Cheerios Cereal  Milk	Whole Wheat French Toast Orange Slices Milk
Lunch	Penne Pasta with Ground Beef in Marinara Sauce Mixed Veggies Mixed Melon Milk	Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Cauliflower Mixed Berries  Milk	Chicken, Bacon & Ranch Sliders on Whole Wheat Buns Cauliflower Honeydew Melon  Milk	Cheesy Baked Ziti Green Beans Applesauce Milk 	Ground Beef Tacos with Shredded Cheese, Lettuce, Tomato, and Sour Cream on Whole Wheat Tortillas Fruit Salad Milk
PM Snack	Mixed Berry & Yogurt Smoothies Served with Crackers Water	Banana & Chocolate Chip "Ice Cream" in a Waffle Cone  Water	Guacamole & Pretzels to Dip  Water	Banana & Chocolate Chip Bars Water	Trail Mix with Chex, Cheerios, Goldfish, Pretzels & Dried Strawberries Water









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Week of	4/27	4/28	4/29	4/30	5/1
Breakfast	Whole Wheat Sheet Pancakes with Blueberries & Banana Milk 	Egg & Cheese Scrambled Eggs Banana  Milk	Cheerios Cereal Apple Slices  Milk	Whole Grain Waffles Cantaloupe  Milk	Blueberry & Banana Muffins Mixed Melon Milk
Lunch	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Orange Slices Green Beans Milk 	Chicken Parmesan Pasta in Marinara Sauce Broccoli & Cauliflower Honeydew Melon Milk 	BBQ Chicken Sliders on Whole Wheat Buns Tossed Salad Mixed Berries Milk	Turkey, Bacon, Tomato & Lettuce in a Pita Pocket Pickle Spears Banana Milk	Teriyaki Chicken & Cauliflower over Brown Rice Fruit Salad Milk
PM Snack	Cinnamon Apples & Yogurt Dip Water 	Salsa & Baked Whole Wheat Pita Chips Water	Cucumber Slices & Ranch to Dip Served with Crackers Water	Strawberry Frozen Yogurt in a Waffle Cone Water 	Sun Butter & Jelly Roll Ups on Whole Wheat Tortillas Water

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