



KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE



Kiddie Academy of Wilmington Menu

Week of	10/5	10/6	10/7	10/8	10/9
Breakfast	Egg & Ham Scrambled Eggs Hash Browns Milk	Assorted Bagels & Cream Cheese  Orange Slices Milk	Whole Grain Waffles Applesauce Milk	Crepes Filled with a Cream Cheese Filling Mixed Berries  Milk	Whole Wheat French Toast Banana  Milk
Lunch	BBQ Chicken Sliders on Whole Wheat Buns Mixed Veggies Honeydew Melon Milk	Chicken Pot Pie Pasta with Peas and Carrots Cantaloupe Milk 	Pepperoni Pizza Quesadillas on Whole Wheat Tortillas Carrots Strawberries  Milk	Ham & Cheese on Whole Wheat Bread Pickle Spears Mixed Melon Milk	Cheese Tortellini with Spinach & Bell Peppers in Pink Sauce Fruit Salad Milk 
PM Snack	Apple Pie Snack Cups with Layers of Apple, Yogurt & Granola  Water	Turkey & Cheese Bites Roll Ups Served with Crackers Water	Banana Sushi on Whole Wheat Tortillas with a Sun Butter Spread Water	Cookie Dough Hummus with Graham Crackers to Dip Water	Apple Slices & Cheese Bites 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	10/12	10/13	10/14	10/15	10/16
Breakfast	Whole Wheat Pancakes Banana  Milk	Egg & Sausage Scrambled Eggs Hash Browns Milk	Chex Cereal Mixed Berries  Milk	Biscuits & Gravy Orange Slices  Milk	French Toast Sticks Strawberries  Milk
Lunch	Turkey & Cheese on Whole Wheat Bread Green Beans Apple Slices  Milk	Penne Pasta with Ground Beef in Marinara Sauce Tossed Salad Honeydew Melon Milk	Cheeseburger Joes on Whole Wheat Buns Mixed Veggies Cantaloupe  Milk	Ranch Chicken & Broccoli Over Brown Rice Applesauce Milk	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Carrots Fruit Salad  Milk
PM Snack	Pepperoni, Cheese Bites & Crackers Water	Peaches & Cream Smoothies Served with Graham Crackers  Water	Pumpkin Hummus Served with Pretzels  Water	Fruit Filled Waffle Cones Water 	Banana Split Yogurt Bark with Layers of Banana, Strawberries, Yogurt & Sun Butter Water

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Week of	10/19	10/20	10/21	10/22	10/23
Breakfast	Whole Wheat French Toast Banana  Milk	Whole Grain Waffles Cantaloupe  Milk	Whole Wheat Pancakes Mixed Melon Milk	Pumpkin Muffins Strawberries  Milk 	School Closed 
Lunch	Penne Pasta with Meatballs in Marinara Sauce Green Beans Honeydew Melon Milk 	Grilled Cheese on Whole Wheat Bread Tomato Soup Orange Slices Milk	Stuffed Pita Tacos with Ground Beef, Tomato, Shredded Cheese, Lettuce & Sour Cream Peaches  Milk	Pepperoni Pizza on Whole Wheat Pita Bread Mixed Veggies Fruit Salad  Milk	Teacher Work Day! 
PM Snack	Apple Nachos with Greek Yogurt & Granola Toppings  Water	Pumpkin Cheesecake Dip with Graham Crackers Water 	Guacamole & Pretzels to Dip Water	Sun Butter & Chocolate Chip Granola Bars Served with Apple Slices Water 	School Closed

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Week of	10/26	10/27	10/28	10/29	10/30
Breakfast	Whole Grain Waffles Apple Slices  Milk	Egg & Cheese Scrambled Eggs Hash Browns Milk	Cheerios Cereal Banana  Milk	Whole Wheat Pancakes Honeydew Melon  Milk	Assorted Bagels & Cream Cheese Strawberries  Milk
Lunch	Ham & Cheese on Whole Wheat Bread Mixed Veggies Orange Slices  Milk	Penne Pasta with Chicken and Broccoli in Alfredo Sauce Cantaloupe  Milk	Chicken & Cheese Quesadillas on Whole Wheat Tortillas Tossed Salad Applesauce  Milk	Sun Butter and Jelly Sandwich on Whole Wheat Bread Green Beans Apple Slices  Milk	Chicken Noodle Soup with Carrots, Celery, Potatoes & Egg Noodles Fruit Salad  Milk
PM Snack	Pretzels & Sun Butter Dip Water	Cucumber Slices & Ranch to Dip Served with Crackers  Water	Frankenstein Smoothie (Banana, Peach & Spinach) Served with Graham Crackers  Water	Trail Mix with Chex, Cheerios, Goldfish, Pretzels & Dried Strawberries  Water	Pumpkin Pie in a Cup with Layers of Yogurt & Graham Cracker  Water

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