

KIDDIE ACADEMY OF FLUSHING – 2025 FOOD MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 BREAKFAST	CEREAL & FRUIT	FRENCH TOAST STICKS & FRUIT	YOGURT & FRUIT	CEREAL & FRUIT	BAGEL WITH JELLY OR BUTTER & FRUIT
WEEK 1 LUNCH	BREADED CHICKEN TENDERS, FRUIT & VEGGIES [VEG: SOY NUGGETS]	BREADED FISH STICKS & RICE, FRUIT & VEGGIES	GRILLED CHEESE & TOMATO SOUP, FRUIT	TURKEY MEATBALL SUBS, FRUIT & VEGGIE [VEG: VEGGIE PATTIES]	PIZZA, FRUIT & VEGGIE
WEEK 2 BREAKFAST	CEREAL & FRUIT	PANCAKES & FRUIT	BLUEBERRY MUFFIN & FRUIT	CEREAL & FRUIT	WAFFLES & FRUIT
WEEK 2 LUNCH	BREADED CHICKEN PATTIES, FRUIT & VEGGIES [VEG: VEGGIE PATTIES]	ROLLATINI, FRUIT & VEGGIES	MAC & CHEESE OR VEGGIE CHEESE LASAGNE, FRUIT & VEGGIE	TURKEY-CHEESE WRAP, FRUIT & VEGGIE [VEG: CHEESE WRAP]	PIZZA, FRUIT & VEGGIE

SNACKS:

- 2:30 PM SNACK IS SERVED WITH MILK [WHOLE MILK FOR AGES 0-2, 1% MILK FOR AGES 2+]
- SNACK OPTIONS INCLUDE: CORN MUFFINS, APPLE OATMEAL BAR, CHEWY CHOCOLATE CHIP GRANOLA BAR, GRAHAM CRACKERS, PRETZLES, GOLDFISH, PIRATE’S BOOTY, CHEEZE IT’S, APPLE SAUCE, CHEX MIX, RITZ CRACKERS

CEREALS:

- CEREAL OPTIONS INCLUDE: CORN FLAKES, RAISIN BRAN, RICE KRISPIES, CORN CHEX, CHEERIOS

FRUITS:

- FRUITS INCLUDE: APPLE, BANANAS, ORANGES, CLEMENTINES, PEARS, WATERMELON, CANTELOPE, HONEY DUE

VEGGIES:

- VEGGIES INCLUDE: CARROTS, CORN, CUCUMBER, MIXED VEGETABLE MEDLEY, PEAS, GREEN BEANS, SWEET POTATOES, TOMATOES, BROCCOLI