

MENU PLAN
Kiddie Academy® of Silver Spring Township

For the week of: 1/6, 1/27, 2/17, 3/10, 3/31, 4/21

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Pancakes Milk	Oatmeal Milk	Bagels & Cream Cheese Juice	Bananas Milk
Lunch	Hamburger Sliders Pasta Salad w/ Veggies Pineapple Milk *Cheese Sandwich	Popcorn Chicken Mashed Potatoes Corn Mixed Fruit Milk *Without Chicken	Pizza Green Beans Oranges Milk	Hot Dogs Baked Beans Apples Milk *Veggie Pasta	Crispy Chicken Wrap Broccoli Peaches Milk *Cheese Wrap
PM Snack	Chex Mix Juice	Animal Crackers	Teddy Grahams	Chips and Cheese Dip	Gogurt & Fruit Snacks

All juice is 100% fruit or vegetable juice (no more than 4-6 oz. per day)

Milk – Fat free or 1% for ages 2 and older (water offered with every meal)

Fresh fruit choices – oranges, bananas, apples, melons, or pears

Bread and pasta – whole grain options will be used whenever possible

All cheese – to be unprocessed and low fat, low fat cream cheese, low fat mozzarella

Menu items subject to change

MENU PLAN
Kiddie Academy® of Silver Spring Township

For the week of: 1/13, 2/3, 2/24, 3/17, 4/7, 4/28

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Cinnamon Rolls Milk	Cereal Bars Milk	French Toast Milk	Bananas Milk
Lunch	Beef Nachos Lettuce Cheese Corn Pineapple Milk *Veggie Crumbles	Grilled Cheese Sandwich Carrots Mixed Fruit Milk	Spaghetti w/ Marinara Sauce Green Beans Oranges Milk	Cheesy Chicken & Rice Mixed Vegetables Apples Milk *Rice w/out Chicken	Chicken Nuggets Tater Tots Broccoli Peaches Milk *Couscous
PM Snack	Puffed Popcorn Juice	Gold Fish	Vanilla Wafers	Sun Chips	Cereal Mix

All juice is 100% fruit or vegetable juice (no more than 4-6 oz. per day)

Milk – Fat free or 1% for ages 2 and older (water offered with every meal)

Fresh fruit choices – oranges, bananas, apples, melons, or pears

Bread and pasta – whole grain options will be used whenever possible

All cheese – to be unprocessed and low fat, low fat cream cheese, low fat mozzarella

Menu items subject to change

MENU PLAN
Kiddie Academy[®] of Silver Spring Township

For the week of: 1/20, 2/10, 3/3, 3/24, 4/14

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Waffles Milk	Toast w/ Jelly Milk	Muffins Milk	Yogurt w/ Fruit Juice
Lunch	Chicken Quesadilla Cheese Salsa Corn Pineapple Milk *Quesadilla w/out Chicken	Tortellini Alfredo Pasta Broccoli Mixed Fruit Milk	BBQ Chicken Macaroni & Cheese Green Beans Oranges Milk *Macaroni & Cheese	Fish Sticks Rice Mixed Vegetables Apples Milk *Rice	Meatball Sliders Carrots Peaches Milk *Cheese Sandwich
PM Snack	Cheese Its Juice	Apple Sauce w/ Crackers	Pretzels w/ Cheese Stick	Veggie Straws	Graham Crackers

All juice is 100% fruit or vegetable juice (no more than 4-6 oz. per day)

Milk – Fat free or 1% for ages 2 and older (water offered with every meal)

Fresh fruit choices – oranges, bananas, apples, melons, or pears

Bread and pasta – whole grain options will be used whenever possible

All cheese – to be unprocessed and low fat, low fat cream cheese, low fat mozzarella

Menu items subject to change