

MENU PLAN

Kiddie Academy® of _____
For the week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch					
PM Snack					

Key recommendations:

- All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)
- Milk – Fat Free or 1% (non-flavored) for ages 2 and older
- Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit
- 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%
- Whole grain to be included twice daily
- Hydrogenated/partially hydrogenated vegetable oils are never to be used
- Fish - avoid fried versions of fish sticks, chicken nuggets and French fries; no more than 1 serving per week