

MENU PLAN

Kiddie Academy® of Wake Forest
For the week of: October 19, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Waffles Milk	English Muffins Milk	Cheerios Milk	Pancakes Milk	Biscuits Milk
Lunch	Corndogs Baked Beans Oranges Milk	BBQ Meatballs and Rice Pineapples Milk	Chicken Noodles Salad Pears Milk	Sloppy Joes Green Beans Apples Milk	Pizza Corn Mixed Fruit Milk
PM Snack	Animal Crackers Water	Gold Fish Water	Ritz Crackers Water	Veggie Straws Water	Cheezits Water

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