

# KIDDIE ACADEMY<sup>®</sup>

## EDUCATIONAL CHILD CARE

**May 16, 2022 - May 20, 2022**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast 8:30 Milk served with breakfast</b>	Cereal  Fruit  Milk	English Muffins  Fruit  Milk	Bagels w/jelly  Fruit  Milk	Turkey Bacon and Cheese Biscuits  Milk	Raisin Bread  Fruit  Milk
<b>Lunch 11:30 Milk served with lunch</b>	Turkey Cheese Wrap  Veggie Sticks  Pickles  Milk	Turkey Pot Pie w/veggies  Fruit  Milk	Chicken Stir Fry  Fruit  Hawaiian Roll  Milk	Baked Ziti  Veggies  Crackers  Milk	Sweet & Sour Chicken  Rice  Fruit  Milk
<b>Snack 2:30</b>	Rice Cakes  Fruit  Water	Oyster Crackers  Cheese  Water	Applesauce  Graham Crackers  Water	Ritz Crackers  Jelly  Water	Pita Bread  Sunbutter  Water
<b>PM Snack 5:00</b>	Cheez Itz  Water	Cereal Mix  Water	Fig Bars  Water	Cereal Bars  Water	Krispie Treats  Water

All juice is 100% fruit/vegetable juice & vitamin C fortified.  
Milk and yogurt - Fat Free or 1%(non-flavored) for ages 2 and older

Breakfast	1&2 year olds	3-5 year olds	6-12 year olds
Milk	½ cup	¾ cup	1 cup
Fruit & Vegetables	¼ cup	½ cup	½ cup
Bread & Bread Alternates	2-3 0z	3-4 oz	4 oz

AM & PM Snack	1 & 2 year olds	3-5 year olds	6-12 year olds
Milk	½ cup	¾ cup	1 cup
Fruit & Vegetables	¼ cup	½ cup	½ cup
Bread and Bread Alternates	2-3 oz	3-4 oz	4 oz

Lunch	1 & 2 year olds	3-5 year olds	6-12 year olds
Milk	½ cup	¾ cup	1 cup
Fruit and Vegetable	¼ cup total	½ cup total	¾ cup total