






KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu








Week of	7/5	7/6	7/7	7/8	7/9
Breakfast	School Closed	Multi Grain Banana Pancakes Apple Slices Milk	Avocado & Blueberry Muffins Banana Milk 	Make Your Own Silly Animal Toast with Blueberries, Strawberries & Banana Slices Milk 	French Toast Sticks with Bursting Berry Syrup Oranges Milk
Lunch	School Closed 	Grilled Cheese on Whole Wheat Bread Green Beans Cantaloupe Milk 	Penne Pasta with Mixed Veggies & Turkey Meatballs in Pesto Sauce Mixed Melon Milk	Ground Beef Tacos with Lettuce, Tomato, Sour Cream & Shredded Cheese on a Whole Wheat Tortilla Peaches Milk	BBQ Chicken & Cauliflower Over Brown Rice Fruit Salad Milk
PM Snack	School Closed	Hummus & Pita Chips Water	Trail Mix with Chex, Cheerios, Yogurt Bites & Dried Cranberries Water	Fresh Fruit & Yogurt Dip Water	Apple Slices & Cheese Bites  Water

*Milk – Fat Free or 1%(non-flavored) for ages 2 and older*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/low-fat 1%*At Least 1 whole grain to be included daily*Hydrogenated/partially hydrogenated vegetable oils are never to be used. Avoid fried versions of fish sticks, chicken nuggets and French fries*Vegetarian options available for every breakfast, lunch, and snack. No honey served to children under 1 year old
*Hummus is sesame oil/tahini free *Local Foods*

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Week of	7/12	7/13	7/14	7/15	7/16
Breakfast	Assorted Bagels & Cream Cheese Blueberries Milk 	Fruit & Veggie Sheet Pancakes with Zucchini & Mixed Berries Orange Slices Milk	Strawberry & Banana Muffins Cantaloupe Milk 	Multi Grain Blueberry Pancakes Apple Slices Milk 	Egg, Sausage & Cheese Scrambled Eggs Watermelon Milk 
Lunch	Penne Pasta with Chicken & Broccoli in Alfredo Sauce Honeydew Melon  Milk	Turkey, Bacon, Lettuce & Tomato in a Pita Pocket Banana Milk	Chicken & Cheese Quesadillas Fiesta Black Beans & Corn Blueberries Milk	Cheeseburger Joes on Whole Wheat Buns Green Beans Peaches Milk	Tortellini with Mixed Veggies in Pink Sauce Fruit Salad Milk
PM Snack	Make Your Own Fruit & Cracker Pizza with Yogurt & Graham Crackers Water	Carrots & Cucumbers with Avocado Dip  Water	Apple Pie Snack Cup with Layers of Graham Cracker & Greek Yogurt Water	Broccoli & Cheese Bites Served with Ranch to Dip Water	Banana & Orange Oat Bites  Water

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Week of	7/19	7/20	7/21	7/22	7/23
Breakfast	<p>Apple & Cinnamon Oatmeal</p> <p>Orange Slices</p> <p>Milk</p>	<p>French Toast with Bursting Berry Syrup</p>  Banana	<p>Egg & Cheese Scrambled Eggs</p>  Blueberries	<p>Multi Grain Strawberry Pancakes</p>  Cantaloupe	<p>Banana & Blueberry Muffins</p>  Apple Slices
Lunch	<p>Chicken Fajitas with Black Beans, Onion & Bell Peppers</p>  Peaches	<p>Turkey & Cheese on Whole Wheat Bread</p> <p>Pickle Spears</p> <p>Honeydew Melon</p>  Milk	<p>Pepperoni, Bell Pepper & Black Olive Pizza on Whole Wheat Pita</p>  Watermelon	<p>Beef & Bean Burrito on a Whole Wheat Tortilla</p> <p>Mixed Berries</p>  Milk	<p>Bowtie Pasta with Chicken & Yellow Squash in Marinara Sauce</p> <p>Fruit Salad</p>  Milk
PM Snack	<p>Rainbow Black Bean Salsa with Bell Peppers & Grape Tomato Served with Pita Chips</p> <p>Water</p>	<p>Zucchini & Chocolate Chip Cookies</p> <p>Water</p>	<p>Baby Carrots & Ranch Dip Served with Cheese Bites</p>  Water	<p>Mixed Berry & Greek Yogurt Smoothies</p> <p>Water</p>	<p>Banana & Greek Yogurt Popsicles Sprinkled with Granola</p> <p>Water</p>

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Week of	7/26	7/27	7/28	7/29	7/30
Breakfast	Egg, Bacon & Cheese Scrambled Eggs Blueberries Milk 	Assorted Bagels & Cream Cheese Orange Slices Milk	Multi Grain Mixed Berry Pancakes Banana Milk 	Banana & Cinnamon Oatmeal Apple Slices Milk	Banana & Chocolate Chip Muffins Honeydew Melon Milk 
Lunch	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Cheese Peaches Milk	Chicken, Black Bean & Sweet Potato Taquitos on Whole Wheat Tortillas Watermelon Milk 	Ham & Cheese Sliders on Whole Wheat Buns Carrots Cantaloupe Milk 	Chicken Parmesan Pasta with Peas in Marinara Sauce Mixed Berries Milk 	Mixed Veggie Pizza with Alfredo Sauce on Whole Wheat Pita Fruit Salad Milk
PM Snack	Banana "Smoes" with Graham Crackers, Banana & Greek Yogurt Water 	Fruit Salsa & Pita Chips Water	Apple & Raspberry Crisp with a Rolled Oat Crust Water 	Cucumber & Grape Tomato Salad Served with Crackers Water 	Make Your Own Fruit Kabobs Served with Graham Crackers Water

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