



WEEK A MENU

Kiddie Academy of Chesterfield
Kiddie Academy of Des Peres
Kiddie Academy of O'Fallon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Turkey Sausage Links Mixed Fruit Organic Milk	Cinnamon Raisin Toast Apple Slices Organic Milk	Low Fat Yogurt Peaches Organic Milk	Whole Grain Cereal O's Organic Milk	Whole Grain Muffin Organic Milk
Lunch	Pizza Casserole Mixed Greens w/ Italian Dressing Pineapple Organic Milk	Meatballs Egg Noodles Carrots Mixed Fruit Organic Milk	Mac & Cheese w/Chicken Mixed Veggies Cantaloupe Organic Milk	Asian Chicken Brown Rice Peas & Carrots Pineapples Organic Milk	Soy Butter & Jelly Sandwich Cucumbers Pears Organic Milk
Afternoon Snack	Pita w/Hummus Water	Graham Crackers Bananas Water	Vanilla wafers Peaches Water	Whole Grain Crackers Sliced Cheese Water	Granola Bar Oranges Water

We are your partners in promoting healthy eating habits.

Our meals are served family style. This means that during meal time, children learn more than just healthy eating; they practice manners, conversation, respect, and sharing.

Here's what you can expect from our menus:

- We offer seasonal fruits and vegetables.
- Yogurt and milk are fat free or low fat (1%).
- Yogurt and milk are fat free or low fat (1%), cheeses are unprocessed and low fat.
- Whole grains are served daily.
- Juices are 100% fruit or vegetable, Vitamin C fortified and limited to 4-6 oz daily.
- No hydrogenated/partially hydrogenated oils are used.
- We never serve fried foods and canned items are in water only.



WEEK B MENU

Kiddie Academy of Chesterfield
Kiddie Academy of Des Peres
Kiddie Academy of O'Fallon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Grain Biscuit w/Fruit Spread Organic Milk	Pancakes w/ Strawberries Organic Milk	Corn Flakes Organic Milk	Rice Cakes w/ Fruit Spread Organic Milk	Cottage Cheese Peaches Organic Milk
Lunch	Chicken Florentine Pasta Cauliflower Oranges Organic Milk	Turkey & Cheese on Whole Grain Bread Cucumbers Cantaloupe Organic Milk	Chicken Alfredo Broccoli Pineapple Organic Milk	Nacho Casserole Mixed Greens w/ Italian Dressing Apple Slices Organic Milk	BBQ Chicken Egg Noodles Sweet Potato Watermelon Organic Milk
Afternoon Snack	Wheat Thins w/ Hummus Water	Cheese Stick Apple Slices Water	Corn Chips Salsa Water	Graham Crackers w/Soy Butter Water	Oatmeal Cookie Banana Water

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WEEK C MENU

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Kiddie Academy of Des Peres
Kiddie Academy of O'Fallon

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Morning Snack	Whole Grain Waffle Fruit Spread Organic Milk	Cinnamon Life Cereal Organic Milk	Apple Sauce Graham Crackers Organic Milk	English Muffin Fruit Spread Organic Milk	Bagel with Low Fat Cream Cheese Organic Milk
Lunch	Beef Stroganoff Egg Noodles Green Beans Apple Slices Organic Milk	Chicken Fajita Tacos Mixed Greens w/ Italian Dressing Cantaloupe Organic Milk	Cheeseburger Casserole Broccoli Pears Organic Milk	Chicken Slider Sandwich Sweet Potatoes Peaches Organic Milk	Cheese Omelet Whole Wheat Toast Fajita Veggies Watermelon Organic Milk
Afternoon Snack	Rice Cakes Bananas Water	Trail Mix Pineapple Water	Whole Grain Crackers Sliced Cheese Water	Animal Crackers Mixed Fruit Water	Pita with Soy Butter Water

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WEEK D MENU

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Kiddie Academy of Des Peres
Kiddie Academy of O'Fallon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Yogurt Parfait w/ Blueberries Organic Milk	Apple Sauce Granola Bar Organic Milk	Whole Grain Toast Soy Butter Organic Milk	Whole Grain Muffin Organic Milk	Raisin Bran Cereal Organic Milk
Lunch	Chicken & Cheese Quesadilla Broccoli Honey Dew Organic Milk	Chicken Nuggets Rice Peas & Carrots Watermelon Organic Milk	Sloppy Joe Bread Broccoli Pineapple Organic Milk	Cheese Ravioli Mixed Veggies Oranges Organic Milk	Whole Grain Spaghetti w/ Meat Sauce Zucchini Pears Organic Milk
Afternoon Snack	Animal Crackers Pears Water	Cheese Stick Wheat Thins Water	Corn Chips w/ Salsa Water	Goldfish Mixed Fruit Water	Cucumbers w/Hummus Water

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