

Menu Plan for the Kiddie Academy of Abingdon

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Corn Chex Banana Milk	Biscuits with 100% Fruit Jelly Milk	Whole-grain French toast sticks Peaches Milk	Bagel & Cream Cheese Milk	Fat-free yogurt Blueberries Milk
Lunch	Turkey Gravy Noodles Cooked Carrots Pears Milk	Chili Mac Corn Pineapple Milk	Wild Rice & Chicken Green beans Applesauce Milk	Ravioli Mixed Vegetables Peaches Milk	Pasta with meat sauce Peas Fruit Cocktail Milk
PM Snack	Apples with whole-grain crackers Water	Carrots with Ranch Dressing Water	Vanilla Wafer Oranges Water	Apple Butter Graham Crackers Water	Homemade trail mix Water

Key recommendations:

- Milk – 2% (non-flavored) for ages 2 and older; Whole milk under 2**
- 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%**
- 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**

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Puffed rice cereal Blueberries Milk	Low-fat yogurt with granola Milk	Mini whole-grain bagels with plain cream cheese Milk	Pancakes with syrup Applesauce Milk	Hard Boiled egg with whole-grain toast Milk
Lunch	Macaroni and cheese Peas Applesauce Milk	Meatball sandwiches on a whole-grain bun Green beans Pears Milk	Tuna on whole-grain crackers Carrots Apple slices Milk	Turkey gravy & rice Mixed vegetables Fruit cocktail Milk	Beef Stew with noodles Peas Pineapple Milk
PM Snack	Taco chips with salsa Water	Whole-grain wheat crackers Cheese slices Water	Cheez It crackers Peaches Water	Graham Crackers Apple Butter Water	Whole-grain cheese crackers Fruit Cup Water

Key recommendations:

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- 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%**
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Puffed rice cereal Banana Milk	Whole-grain waffles with 100% fruit spread Milk	Graham crackers & cream cheese Milk	Corn Chex Apple Slices Milk	Whole-grain toast & Jelly Milk
Lunch	Chicken Noodle Casserole Peas Pineapple Milk	Fish sticks with rice Green beans Pears Milk	Chicken Nuggets Broccoli Fruit cocktail Milk	Meatballs with BBQ sauce Buttered Noodles Mixed Vegetables Peaches Milk	Chicken & Dumplings Peas/Carrots Applesauce Milk
PM Snack	Fresh carrots & ranch dip Water	Pretzel & cheese slices Water	Pineapple & granola Water	Cheez It crackers Pears Water	Cucumber & dip Whole-grain crackers Water

Key recommendations

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- 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%**
- At least 1 whole grain to be included daily**
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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn flake cereal Banana Milk	Whole-grain English muffins with 100% fruit jelly Milk	Yogurt with granola Milk	Scrambled eggs with cheese Milk	Blueberry muffin Milk
Lunch	Chicken patties on a roll Fruit cocktail Green beans Milk	Pasta with meat sauce Cooked carrots Peaches Milk	Tomato Soup with rice Goldfish Slice of cheese Apple slices Milk	Sloppy Joe on a roll Corn Pineapple Milk	Baked chicken nuggets with wild rice Peas Pears Milk
PM Snack	Taco chips with melted cheddar cheese Water	Animal crackers Fruit cocktail Water	Oatmeal cookies Banana Water	Whole-grain wheat crackers Oranges Water	Homemade trail mix Water

Key recommendations:

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- 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%**
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