

***Kiddie Academy of Fort Wayne***

<b>Week 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Cereal  Peaches  Milk	English muffin w/ grape jelly  Pineapple  Milk	Cereal  Applesauce  Milk	French toast sticks w/ syrup  Mixed Fruit  Milk	Cereal  Oranges  Milk
<b>AM Snack</b>	Oyster Crackers  100% Juice	Yogurt w/ Graham crackers Water	Fresh Fruit  Cheerios Water	Hummus Pretzels  Water	Cheese  Crackers Water
<b>Lunch</b>	Chili w/ meat & beans  Bread  Green Beans  Oranges  Milk	Spanish rice w/ hamburger  Salad  Peaches  Milk	Cheese Quesadilla  Mixed Vegetables  Pineapple  Milk	Tuna Casserole  Peas  Applesauce  Milk	Grilled Cheese  Corn  Mixed Fruit  Milk
<b>PM Snack</b>	Corn Chips Salsa  Water	Chex Mix  100% Juice	Cheerios Apple Cinnamon Cereal bar  100% Juice	Fruit bars  100% Juice	Elfin' crackers  100% Juice

**Note: All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)**

**Milk –1% (non-flavored) for ages 2 and older**

**Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit**

**Bread – all breads, crackers and bagels, etc. should be whole-grain**

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<b>Week 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Cereal  Applesauce  Milk	Pancakes  Peaches  Milk	Cereal  Mixed Fruit  Milk	Toast w/ apple butter  Pineapple  Milk	Cereal  Pears  Milk
<b>AM Snack</b>	Granola Bar  100% Juice	Veggie Chips Cheese  Water	Graham crackers Fresh fruit Water	Soft Pretzel Cheese Water	Vanilla Wafers  100% Juice
<b>Lunch</b>	Mini Chicken Tacos  Peas  Peaches  Milk	Ravioli  Salad  Pineapple  Milk	Fried rice w/ chicken  Oranges  Mixed Veggies  Milk	Swedish meatballs w/ noodles  Peas & Carrots  Pears  Milk	Omelet  Toast  Corn  Mixed Fruit  Milk
<b>PM Snack</b>	Saltines Cheese  Water	Teddy Grahams 100% Juice	Goldfish  100% Juice	Cheez-it  100% Juice	Fresh Fruit Rice cakes  Water

**Note: All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)**

**Milk –1% (non-flavored) for ages 2 and older**

**Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit**

**Bread – all breads, crackers and bagels, etc. should be whole-grain**

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal Peaches Milk	Waffles Oranges Milk	Cereal Pineapple Milk	Bagel w/ cream cheese Pears Milk	Cereal Applesauce Milk
<b>AM Snack</b>	Chex Mix 100% Juice	Apple Oatmeal bars 100% Juice	Veggie Chips Cheese Water	Homemade Pudding w/ Teddy Grahams Water	Oyster Crackers 100% Juice
<b>Lunch</b>	Mac & Cheese Mixed Veggies Oranges Milk	Mostaccioli w/ meat sauce Peas & Carrots Pineapple Milk	Hot dog w/ whole wheat bun Green beans Peaches Milk	Pizza Peas Applesauce Milk	Chicken Nuggets Corn Mixed Fruit Milk
<b>PM Snack</b>	Banana Cheerios Water	Snack Mix Cheese Water	Animal Crackers 100% Juice	Pretzels 100% Juice	Snack Mix Cheese Water

Note: All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)

Milk –1% (non-flavored) for ages 2 and older. Vitamin D for 2 and under.

Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit

Bread – all breads, crackers and bagels, etc. should be whole-grain

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<b>Week 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Cereal  Pears  Milk	Cinnamon raisin bread w/ butter  Peaches  Milk	Cereal  Pineapple  Milk	Pancakes  Mixed Fruit  Milk	Cereal  Applesauce  Milk
<b>AM Snack</b>	Wheat Thins  100% Juice	Cereal  Milk	Vanilla Wafers  100% Juice	Cottage Cheese Crackers Water	Goldfish  100% Juice
<b>Lunch</b>	Chicken and Rice  Peas  Applesauce  Milk	Sloppy Joe <small>(w/bun)</small>  Salad  Pineapple  Milk	Red Beans & Rice  Corn  Pears  Milk	Bean and Cheese Burritos  Mixed Veggies  Peaches  Milk	Bosco sticks  Green beans  Mixed Fruit  Milk
<b>PM Snack</b>	Cheese  Crackers Water	Saltines  100% Juice	Hardboiled eggs Pretzels  Water	Popcorn  100% Juice	Fresh Fruit Graham crackers  Water

*Note: All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)*

**Milk -1% (non-flavored) for ages 2 and older**

**Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit**

**Bread – all breads, crackers and bagels, etc. should be whole-grain**