

# KIDDIE ACADEMY.<sup>®</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of North Brunswick

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	Cereal, milk	French Toast sticks, milk	Bagel/cream cheese, milk	English muffin with jelly, milk	Muffins, milk
	Lunch	Chicken or <u>Corn</u> nuggets, Carrots, fruit, milk	Noodles with meatballs and brown gravy, pineapple, milk	Grilled Chicken sandwich or <u>Veggie Burger</u> , spinach banana, milk	Mac and cheese, peas, pears, milk	Pizza, salad, apple sauce, milk
	3pm Snack	Vanilla Pudding	Sugar free applesauce with Pretzels	Bruschetta with Garlic bread	Jello	Apple cinnamon Rice cakes
Week 2	Breakfast	Cereal, milk	Pancakes, milk	Turkey sausage on English muffin or <u>Potato Patty</u> , milk	Granola bar, milk	Strawberry yogurt with granola
	Lunch	Shredded chicken sandwich or <u>Veggie burger</u> , apples, milk	Turkey or beefless ground meat tacos, corn , apples, and milk	Hot dog or <u>Veggie dog</u> , baked fries, pears and milk	Chicken or Vegetable Stir fry with pineapple and milk	Cheese quesadillas, salad, applesauce, milk
	3pm Snack	Soft pretzels with cheese	Apple slices with whole grain crackers	Churros	Cheese with whole grain crackers	Sun chips with salsa
Week 3	Breakfast	Cereal, milk	Waffles, milk	Bagel/cream cheese, milk	Cinnamon raisin bread ,milk	Muffins, Milk
	Lunch	Chicken or <u>Corn</u> nuggets, carrots, fruit, milk	Chicken and Broccoli or Broccoli with white rice	BBQ Chicken sandwich or <u>veggie burger</u> , spinach oranges, milk	Whole grain pasta with turkey or soy meatballs, vegetable, fruit and milk	Pizza, salad, apple sauce, milk
	3pm Snack	Vanilla pudding	Sugar free applesauce with Pretzels	Bruschetta, with garlic bread	Jello	Apple cinnamon Rice cakes
Week 4	Breakfast	Cereal, milk	French toast sticks, milk	Turkey sausage on English muffin or <u>Veggie patty</u> milk	English muffin with jelly, milk	Strawberry yogurt with granola
	Lunch	Chicken or <u>breaded vegetable</u> parm, corn, fruit, milk	Turkey or <u>vegetarian chili</u> with rice cantaloupe, milk	Hot dog or <u>Veggie dog</u> , baked beans, oranges, milk	Chicken or Vegetable stir fry with pineapple and milk	Cheese quesadillas, applesauce, milk
	3pm Snack	Soft pretzels with cheese	Apple slices with whole grain crackers	Churros	Cheese with whole grain crackers	Sun chips with salsa

\*meat = ground turkey

\*Vegetarian Option = underlined

**6pm Snack will be provided daily**

\*Vegetarian meat= soy proteb in meat