KIDDIE ACADEMY
EDUCATIONAL CHILD CARE

MENU PLAN

Kiddie Academy® of Wake Forest

For the week of: October 12, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack		Cheerios Milk	Cheerios Milk	French toast Milk	Pancakes Milk
Lunch	Closed-Teacher Professional Development Day	Chicken and Rice Green Beans Pears Milk	Mac and Cheese Carrots Bananas Milk	Hamburgers Salad Apples Milk	Turkey and Cheese Rollups Green Beans Peaches Milk
PM Snack		Vanilla Waffers Water	Cheezits Water	Ritz Crackers Water	Goldfish Water

Key recommendations:

All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)
Milk – Fat Free or 1% (non-flavored) for ages 2 and older
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%
Whole grain to be included twice daily
Hydrogenated/partially hydrogenated vegetable oils are never to be used
Fish - avoid fried versions of fish sticks, chicken nuggets and French fries; no more than 1 serving per week

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