

Kiddie Academy of College Station
MENU PLAN

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack (6:30 AM – 7:00 AM)	Flavored Nutri Grain Bar	Flavored Nutri Grain Bar	Flavored Nutri Grain Bar	Flavored Nutri Grain Bar	Flavored Nutri Grain Bar
Breakfast (7-15 AM – 9:15 AM)	Bran Muffin Apples Milk	Scrambled Eggs Oranges Milk	Whole Grain Waffles Cantaloupe Milk	Whole Grain Bagel Peaches Milk	Chex Cereal W/ Milk Bananas
Lunch (10:45 AM – 12:45 AM)	Baked Chicken Nuggets Corn Fruit Cocktail Milk	Beef/Bean Burritos Corn Bananas Milk	Whole Grain Mac & Cheese w/ Diced Turkey Green Beans Pineapple Milk	Salisbury Steak W/Brown Gravy and Toast Green Beans Apples Milk	Grilled Chicken on Whole Wheat Bun Carrots Peaches Milk
Vegetarian (meatless option)	Chicken Nuggets	Bean/Cheese Burrito	Whole Grain Mac & Cheese	Bean Burger/Gravy	Veggie Chicken Patty
PM Snack (2:30 PM – 4:30 PM)	Pretzel Twists Cheese Stick	Cinnamon Raisin Bagel w/ Juice	Applesauce Wheat Crackers	Cheese It's w/ Juice	Yogurt Wheat Crackers
Late Snack (~5:30 PM)	Graham Crackers	Cheese It's	Animal Crackers	Pretzel Twists	Cheese It's

Milk will be served with Breakfast and Lunch **When served, 100% Juice will be served with snack**

Milk – 1% (non-flavored) for ages 2 and older. Whole milk for Infant & Toddlers