









KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu

Week of	11/4	11/5	11/6	11/7	11/8
Breakfast	Whole Wheat Blueberry Pancakes Banana  Milk	Assorted Bagels & Cream Cheese Blueberries  Milk	Whole Wheat French Toast Apple Slices Milk	Egg & Bacon Scrambled Eggs Cantaloupe  Milk	Strawberry & Banana Muffins Mixed Berries Milk
Lunch	Chicken, Bacon & Ranch Sliders on Whole Wheat Buns Cauliflower Honeydew Melon Milk	Turkey, Ham & Cheese on Whole Wheat Bread Pickle Spears Orange Slices  Milk	Ground Beef Tacos with Shredded Cheese, Lettuce, Tomato, and Sour Cream on Whole Wheat Tortillas Mixed Melon Milk	Cheesy Baked Ziti Carrots Apple Slices Milk 	Chicken & Bacon Alfredo Pizza on Whole Wheat Pita Bread Fruit Salad  Milk
PM Snack	Pumpkin Hummus Served with Pretzels Water	Banana & Chocolate Chip "Ice Cream" in a Waffle Cone  Water	Mixed Berry & Yogurt Smoothies Served with Crackers Water	Strawberry Bruschetta with Toasted Baguette Slices  Water	Turkey & Cheese Bites Roll Ups Served with Crackers Water










*Milk – Fat Free or 1%(non-flavored) for ages 2 and older*Bread and Pasta – Whole grain options will be used whenever possible. At Least 1 whole grain to be included daily *All cheese – to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella. Yogurt – fat-free/low-fat 1%*

*Hydrogenated/partially hydrogenated vegetable oils are never to be used. Avoid fried versions of fish sticks, chicken nuggets and French fries*Vegetarian options available for every breakfast, lunch, and snack. No honey served to children under 1 year old *Hummus is sesame oil/tahini free *Local Foods*

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Week of	11/11	11/12	11/13	11/14	11/15
Breakfast	Whole Wheat Banana & Chocolate Chip Pancakes Blueberries  Milk	Biscuits & Gravy Cantaloupe  Milk	Egg & Cheese Scrambled Eggs Banana  Milk	Banana & Cinnamon Oatmeal Honeydew Melon  Milk	Egg & Sausage Scrambled Eggs Apple Slices  Milk
Lunch	Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Green Beans Orange Slices Milk	Chicken Parmesan Pasta in Marinara Sauce Broccoli & Cauliflower Apple Slices  Milk	Turkey, Bacon, Lettuce & Cheese in a Pita Pocket Carrots Mixed Berries  Milk	Penne Pasta with Ground Beef & Mixed Veggies in Marinara Sauce Mixed Melon  Milk	Shepherd's Pie with Ground Beef, Carrots and Peas Topped with Mashed Potatoes Fruit Salad Milk
PM Snack	Pumpkin Pie in a Cup with Layers of Yogurt & Graham Crackers Water	Strawberry & Yogurt Roll Ups on a Whole Wheat Tortilla  Water	Salsa & Pita Chips Water	Pretzels & Sun Butter Dip Water	Mixed Berry Yogurt Cups with Layers of Yogurt, Berries & Granola Water











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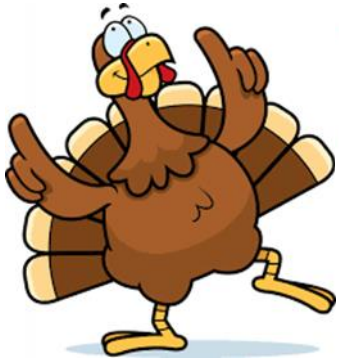
EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu

Week of	11/18	11/19	11/20	11/21	11/22
Breakfast	Whole Wheat Banana Pancakes Blueberries  Milk	Egg & Bacon Scrambled Eggs Cantaloupe Milk 	Egg & Cheese Toast Banana Milk 	Banana & Chocolate Chip Muffins Mixed Berries Milk 	Assorted Bagels & Cream Cheese Blueberries Milk 
Lunch	Meatball Subs on Whole Wheat Buns Topped with Mozzarella Carrots Honeydew Melon Milk	Ham & Cheese Sliders on Whole Wheat Buns Cauliflower & Broccoli Apple Slices Milk 	Ground Beef & Bean Chili with Bell Peppers and Corn Cornbread Orange Slices Milk 	Grilled Cheese on Whole Wheat Bread Tomato Soup Mixed Melon Milk 	Thanksgiving Feast! Turkey, Mashed Potato, Green Bean Casserole, Cornbread Fruit Salad Milk
PM Snack	Cinnamon Apples & Yogurt Dip Water	Strawberry Frozen Yogurt in a Waffle Cone Water 	Cucumber, Cheese Bites & Grape Tomato Salad Served with Crackers Water	Pumpkin Cheesecake Dip Served with Pretzels Water	Apple Slices & Cheese Bites Water 

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Week of	11/25	11/26	11/27	11/28	11/29
Breakfast	Whole Wheat Pancake & Bacon Dippers  Banana Milk	Scrambled Eggs with Cheese Apple Slices  Milk	Assorted Bagels & Cream Cheese Blueberries  Milk	School Closed	School Closed
Lunch	Shell Pasta with Sausage and Mixed Veggies in Marinara Sauce Honeydew Melon  Milk	Turkey, Bacon, Cheese & Lettuce in a Pita Pocket Cucumber Slices Cantaloupe  Milk	Taco Pizza with Ground Beef, Tomato, Lettuce, Shredded Cheese, and Sour Cream on Whole Wheat Pita Bread Fruit Salad Milk	Thanksgiving Break 	Thanksgiving Break 
PM Snack	Soft Pretzel & Queso Dip Water	Cookie Dough Hummus with Graham Crackers to Dip Water	Ham & Cheese Bite Roll ups Served with Crackers Water	School Closed	School Closed

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