

## Kiddie Academy of Whitestone & Flushing Menu Plan

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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Muffin*	Waffles w/Syrup	Vanilla Yogurt	Cereal* with Milk	Pancake w/Syrup
AM Snack	Mandarin Oranges	Applesauce	with Granola	Sliced Apples	<sup>△</sup> Fresh Melon
	Rice & Beans	Pizza and	Cheese Tortellini	Chicken Nuggets	Crumble Beef with Rice
Lunch	w/Sliced Cucumbers	Corn	w/Tomato Sauce with Peas	w/Mashed Potato & Corn	with Mixed Salad
	Pears	Peaches	△ Fresh Melon	Banana	Cranberry
PM Snack	Oatmeal Cookies	Banana Pudding	Pretzels	Sun Chips	Animal Crackers
WEEK TWO	Muffin*	Bagel with Butter	Vanilla Yogurt	Cereal* with Milk	French Toast w/Syrup
AM Snack	Pears	Peaches	Cranberry	Bananas	△Fresh Melon
	Orzo with Peas	Rice & Beans	Pizza	Fish Cake w/Mashed	Turkey & Cheese Sandwich
Lunch	& Carrots	w/Turkey Meatballs	and Corn	Potato & Mixed Salad	w/Sliced Cucumbers
	Applesauce	Mandarin Oranges	△ Fresh Melon	Cranberry	Banana
PM Snack	Vanilla Wafers	Vanilla Pudding	Cheez-Its	Sun Chips	Animal Crackers
WEEK THREE	Muffin*	Waffles w/Syrup	Vanilla Yogurt	Cereal* with Milk	Pancake w/Syrup
AM Snack	Mandarin Oranges	Applesauce	with Granola	Sliced Apples	△Fresh Melon
	Grilled Cheese Sandwich	Chicken A La King	Pasta with	Chicken Patty	Fish Sticks with
Lunch	with Tomato Soup	with Peas & Carrots	Bolognaise Sauce	W/Mixed Salad & Biscuits	Tater Tots & Carrots
	Sliced Apples	Mandarin Oranges	△ Fresh Melon	Cranberry	Mandarin Oranges
PM Snack	Oatmeal Cookies	Banana Pudding	Pretzels	Sun Chips	Animal Crackers
WEEK FOUR	Muffin*	Bagel with Jelly	Vanilla Yogurt	Cereal* with Milk	French Toast w/Syrup
AM Snack	Pears	Peaches	Blueberries	Bananas	<sup>△</sup> Fresh Melon
	Chicken Nuggets w/	Orzo with	Rice & Beans	Mac & Cheese	Grilled Cheese Sandwich
Lunch	Mashed Potato & Corn	Peas & Carrots	w/Turkey Meatballs	With Broccoli	with Tomato Soup
	Mandarin Oranges	Cranberry	<sup>△</sup> Fresh Melon	Peaches	Banana
PM Snack	Vanilla Wafers	Vanilla Pudding	Cheez-Its	Sun Chips	Animal Crackers

AM Snack & Lunch is served with milk (Milk -1% (non-flavored) for ages 2 and older) - PM snack is served with water.

\*Cereal: Corn Flakes, Raisin Bran, Kix, Rice Krispies, Corn Chex, Cheerios, Farina or Oatmeal.

△Fresh Melon: Watermelon, Honey Dew or Cantaloupe

\*Muffins - Blueberry, Corn or Banana

Substitute: Cheese Sandwich

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