

Kiddie Academy of Virginia Beach

Menu Plan for October 7th, 2024 through October 18th, 2024

	MONDAY - Oct. 7th	TUESDAY - Oct. 8th	WEDNESDAY - Oct. 9th	THURSDAY - Oct. 10th	FRIDAY - Oct. 11th
AM SNACK	Public Schools are Closed Cheese Omelets, Turkey Sausage Links, Milk	Whole-grain Biscuits, 100% Strawberry Jam, Milk	Whole-grain Cereal, Milk	Whole-grain Waffles, Milk	Whole-grain Cereal, Milk
LUNCH	Whole-grain Corn Dog Nuggets, Green Beans, Mandarin Oranges, Milk	Teriyaki Chicken, Steamed White Rice, Pineapple Tidbits, Milk	Whole Hotdogs for >2 and Diced Hotdogs for <2, Yellow Corn, Diced Peaches, Milk	Whole-grain Cheese Quesadillas, Diced Carrots, Diced Pears, Milk	Penne Pasta with Marinara Sauce, Green Beans, Mandarin Oranges, Milk
PM SNACK	Whole-grain Gold Fish Crackers, Cheddar Cheese Cubes, Water	Whole-grain Bug Bites, Fresh Carrots for >2, Blanched Fresh Carrots for <2, Ranch Dressing, Water	Whole-grain Scooby Doo Bones, Fresh Apples for >2, Diced Apples for < 2, Water	Whole-grain Animal Crackers, Gogurt, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice
	MONDAY - Oct. 14th	TUESDAY - Oct. 15th	WEDNESDAY - Oct. 16th	THURSDAY - Oct. 17th	FRIDAY - Oct. 18th
AM SNACK	Whole-grain Pancakes with Syrup, Milk	Low-Fat Vanilla Yogurt, Granola Bites, Water	Whole-grain Cereal, Milk	Homemade Banana Muffins, Milk	Whole-grain Cereal, Milk
LUNCH	Whole-grain Chicken Nuggets, Green Peas, Pineapple Tidbits, Milk	TACO TUESDAY Beef Taco, Steamed Rice, Fresh Black Beans, Diced Pears, Milk	Whole-grain Noodles with Parm Cheese, Steamed Broccoli, Mandarin Oranges, Milk	Garlic Bread Cheese Pizza, Yellow Corn, Sliced Peaches, Milk	Chicken Noodle Soup, Diced Carrots, Fresh Fruit Salad, Milk
PM SNACK	Whole-grain Shortbread Biscuits, Gogurt, Water	Whole-grain Cheez-It Crackers, Low-Fat Mozzarella Cheese Sticks, Water	Whole-grain Oyster Crackers, Applesauce Cups, Water	Whole-grain Scooby Doo Bones, Bananas, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice

All Juice is 100% fruit or vegetable juice/vitamin C fortified (No more than 4-6 oz per day).

Milk - must be unflavored whole milk for children age one. Milk - must be unflavored 1% for children ages two and older.

Whole-grain options will be used whenever possible.