










KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu

Week of	8/5	8/6	8/7	8/8	8/9
Breakfast	Assorted Bagels & Cream Cheese Banana  Milk	Scrambled Eggs with Cheese Cantaloupe  Milk	Banana & Chocolate Chip Muffins Apple Slices  Milk	Whole Wheat Pancake & Bacon Dippers Mixed Melon Milk	Whole Wheat Pancakes Mixed Berries  Milk
Lunch	Shell Pasta with Sausage and Mixed Veggies in Marinara Sauce Blueberries Milk 	Turkey, Bacon, Cheese & Lettuce in a Pita Pocket Green Beans Orange Slices Milk 	Chicken Parmesan Sliders on Whole Wheat Buns Carrots Honeydew Melon  Milk	Pasta Salad with Chickpeas, Cucumber Slices, Grape Tomato & Pepperoni Blueberries Milk	Chicken & Bacon Alfredo Pizza on Whole Wheat Pita Bread Fruit Salad  Milk
PM Snack	Cookie Dough Hummus with Graham Crackers to Dip Water	Soft Pretzel & Queso Dip Water	Fruit & Cracker Pizza with Mixed Fruit, Yogurt, and Graham Crackers Water	Ham & Cheese Bite Roll ups Served with Crackers Water	Cucumber Slices & Ranch to Dip 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	8/12	8/13	8/14	8/15	8/16
Breakfast	Whole Wheat Pancakes Blueberries Milk 	Egg, Ham & Cheese Scrambled Eggs Honeydew Melon Milk	Biscuits & Gravy Apple Slices Milk 	Peach & Cinnamon Muffins Banana Milk 	Whole Wheat French Toast Mixed Melon Milk
Lunch	Chicken & Bean Burrito with Lettuce, Tomato & Sour Cream on a Whole Wheat Tortilla Cantaloupe Milk 	Cavatappi Pasta with Meatballs, Broccoli, and Cauliflower in Marinara Sauce Orange Slices Milk 	Pepperoni Pizza Quesadillas on Whole Wheat Tortillas Carrots Mixed Berries Milk 	BBQ Chicken Sliders Topped with Mozzarella on Whole Wheat Buns Mixed Veggies Cantaloupe Milk	Elbow Pasta with Chicken and Broccoli in Alfredo Sauce Fruit Salad Milk 
PM Snack	Apple Pie Snack Cups with Layers of Apple, Yogurt & Granola Water 	Mixed Berry Frozen Yogurt in a Waffle Cone Water	Avocado Dip & Pita Chips Water	Turkey & Cheese Bites Roll Ups Served with Crackers Water	Apple Slices & Cheese Bites Water 








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Week of	8/19	8/20	8/21	8/22	8/23
Breakfast	Maple & Brown Sugar Oatmeal Blueberries Milk 	Silly Animal Toast with a Jelly Spread, Blueberries, Strawberries & Banana Slices Milk	Egg, Sausage & Cheese Scrambled Eggs Banana Milk 	Whole Wheat Blueberry Pancakes Apple Slices Milk 	School Closed
Lunch	Turkey & Cheese on Whole Wheat Bread Pickle Spears Orange Slices Milk 	Chicken Pot Pie Pasta with Peas and Carrots Honeydew Melon Milk 	Cheeseburger Joes on Whole Wheat Buns Mixed Veggies Cantaloupe Milk 	Tortellini with Bell Peppers & Spinach in Pink Sauce Fruit Salad Milk 	Teacher Work Day!
PM Snack	Peaches & Cream Smoothies Served with Graham Crackers Water	Pepperoni, Cheese Bites & Crackers Water	Fruit Filled Waffle Cones Water	Trail Mix with Chex, Cheerios, Goldfish, Pretzels & Dried Strawberries Water	School Closed











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EDUCATIONAL CHILD CARE

Kiddie Academy of Wilmington Menu

Week of	8/26	8/27	8/28	8/29	8/30
Breakfast	Egg & Ham Scrambled Eggs Apple Slices Milk 	Whole Wheat Banana Pancakes Blueberries Milk 	Egg, Sausage & Cheese Scrambled Eggs Banana Milk 	Whole Wheat French Toast Cantaloupe Milk 	Blueberry Muffins Mixed Melon Milk
Lunch	Penne Pasta with Mixed Veggies and Meatballs in Marinara Sauce Honeydew Melon Milk 	Grilled Cheese on Whole Wheat Bread Tomato Soup Cantaloupe Milk	Stuffed Pita Tacos with Ground Beef, Tomato, Shredded Cheese, Lettuce & Sour Cream Orange Slices Milk 	Turkey, Bacon & Avocado Roll Ups on Whole Wheat Tortillas Carrots Mixed Berries Milk 	Elbow Pasta with Chicken and Broccoli in Alfredo Sauce Fruit Salad Milk 
PM Snack	Banana Split Yogurt Cups with Layers of Yogurt, Banana Slices & Granola Water	Hummus with Cucumber Slices & Crackers Water 	Apple Nachos with Greek Yogurt & Granola Toppings Water 	Pretzels & Sun Butter Dip Water	Baked Banana & Chocolate Chip Bars Water

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