












KIDDIE ACADEMY[®]

EDUCATIONAL CHILD CARE



Kiddie Academy of Wilmington Menu

Week of	10/7	10/8	10/9	10/10	10/11
Breakfast	Whole Wheat Pancakes Banana Milk 	Egg, Ham & Cheese Scrambled Eggs Honeydew Melon Milk	Biscuits & Gravy Blueberries Milk 	Peach & Cinnamon Muffins Mixed Melon Milk	Whole Wheat French Toast Orange Slices 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 Alfredo Sauce Orange Slices Milk 	BBQ Chicken Sliders Topped with Mozzarella on Whole Wheat Buns Carrots Apple Slices  Milk	Pepperoni Pizza Quesadillas on Whole Wheat Tortillas Green Beans Mixed Berries  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	Avocado Dip & Pita Chips Water	Pumpkin Hummus Served with Pretzels Water 	Turkey & Cheese Bites Roll Ups Served with Crackers Water	Apple Slices & Cheese Bites 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	10/14	10/15	10/16	10/17	10/18
Breakfast	Maple & Brown Sugar Oatmeal Apple Slices  Milk	Egg, Sausage & Cheese Scrambled Eggs Orange Slices  Milk	Whole Wheat Pumpkin Pancakes Blueberries  Milk	Silly Animal Toast with a Jelly Spread, Blueberries, Strawberries & Banana Slices Milk	Egg & Cheese Scrambled Eggs Mixed Berries  Milk
Lunch	Turkey & Cheese on Whole Wheat Bread Carrots Banana  Milk	Tortellini with Bell Peppers & Spinach in Pink Sauce Honeydew Melon  Milk	Cheeseburger Joes on Whole Wheat Buns Green Beans Cantaloupe  Milk	Chicken Pot Pie Pasta with Peas and Carrots Mixed Melon Milk	Chicken Parmesan Sliders on Whole Wheat Buns Mixed Veggies Fruit Salad Milk
PM Snack	Pumpkin Cheesecake Dip with Graham Crackers Water 	Pepperoni, Cheese Bites & Crackers Water	Yogurt Parfait with Granola & Mixed Fruit Water	Fruit Filled Waffle Cones Water	Guacamole & Pretzels to Dip Water

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Week of	10/21	10/22	10/23	10/24	10/25
Breakfast	10/21 Egg & Ham Scrambled Eggs  Banana Milk	10/22 Whole Wheat Banana Pancakes Blueberries Milk 	10/23 Egg, Sausage & Cheese Scrambled Eggs Apple Slices Milk 	10/24 Whole Wheat French Toast Orange Slices Milk 	10/25 School Closed
Lunch	Elbow Pasta with Chicken and Broccoli in Alfredo Sauce Cantaloupe Milk 	Grilled Cheese on Whole Wheat Bread Tomato Soup Honeydew Melon Milk	Stuffed Pita Tacos with Ground Beef, Tomato, Shredded Cheese, Lettuce & Sour Cream Mixed Berries Milk 	Turkey, Bacon & Avocado Roll Ups on Whole Wheat Tortillas Fruit Salad Milk	Teacher Work Day!
PM Snack	Hummus with Cucumber Slices & Crackers Water	Apple Nachos with Greek Yogurt & Granola Toppings Water 	Pretzels & Sun Butter Dip Water	Banana Split Yogurt Cups with Layers of Yogurt, Banana Slices & Granola Water	School Closed

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Kiddie Academy of Wilmington Menu

Week of	10/28	10/29	10/30	10/31	11/1
Breakfast	Whole Wheat Pancake & Sausage Bites  Apple Slices Milk	Assorted Bagels with Cream Cheese  Cantaloupe Milk	Apple & Cinnamon Muffins Blueberries Milk 	Whole Wheat Pumpkin Pancakes Banana  Milk	Egg, Bacon & Cheese Scrambled Eggs Banana  Milk
Lunch	Sneaky Mac & Cheese with Carrots & Sweet Potato Orange Slices Milk 	Pepperoni Pizza on Whole Wheat Pita Bread Cauliflower Honeydew Melon Milk 	Ham & Cheese on Whole Wheat Bread Mixed Veggies Mixed Melon Milk	Chicken & Cheese Quesadillas on Whole Wheat Tortillas Black Beans & Corn Mixed Berries Milk	Bow Tie Pasta with Sausage, Bell Peppers & Zucchini in Alfredo Sauce Fruit Salad Milk
PM Snack	Mixed Fruit & Yogurt Dip Water 	Fruit Salsa & Baked Cinnamon Pita Chips Water	Pumpkin Pie in a Cup with Layers of Yogurt & Graham Cracker Water	Trick or Treat Trail Mix with Chex, Cheerios, Goldfish, Pretzels & Dried Strawberries Water 	Sun Butter & Jelly Roll Ups on Whole Wheat Tortillas Water

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