



# Kiddos Academy

August 6<sup>th</sup> to August 10<sup>th</sup>



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>7:30</b> <b>8:30</b>	<ul style="list-style-type: none"> <li>✓ Boiled Eggs Mixed in Olive Oil</li> <li>✓ Wheat Toast Bread</li> <li>✓ Strawberry</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Strawberry Pan Cake with Syrup</li> <li>✓ Strawberry</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Whole Wheat Bagel and Cream Cheese</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Scrambled Eggs with Spanish</li> <li>✓ Buttered Wheat Toast Bread</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chicken Sausage</li> <li>✓ Biscuits &amp; Gravy</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>
<b>Lunch</b> <b>11:00</b> <b>11:30</b>	<ul style="list-style-type: none"> <li>✓ Deli Meat on WW Toast with Tomato, Lettuce &amp; Ranch Dressing.</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chicken Gyro with Tomatoes &amp; Cucumbers on WG Flat Bread</li> <li>✓ Yogurt</li> <li>✓ Mango</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Spaghetti with Ground Beef</li> <li>✓ WG Garlic Bread</li> <li>✓ Broccoli &amp; Cheese</li> <li>✓ Pineapple</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Beef Chili with Beans &amp; Wheat Pasta</li> <li>✓ Strawberry</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Tuna Salad Sandwich on WG Bread</li> <li>✓ Vegetable Chips</li> <li>✓ Mango</li> <li>✓ Milk</li> </ul>
<b>Snack</b> <b>2:00</b> <b>2:30</b>	<ul style="list-style-type: none"> <li>✓ Oats 'n Honey Crunchy Granola Bars</li> <li>✓ Pineapple</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Teriyaki Steak Egg Rolls</li> <li>✓ Ritz Crackers</li> <li>✓ Tropical Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fruit &amp; Nut Chewy Trail Mix Granola Bars</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Water Melon</li> <li>✓ String Cheese</li> <li>✓ Tropical Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ SunChips Multigrain Chips Variety Mix</li> <li>✓ Pears</li> <li>✓ Milk</li> </ul>
<b>Dinner</b> <b>4:00</b> <b>5:30</b>	<ul style="list-style-type: none"> <li>✓ Beef Stew</li> <li>✓ Honey Wheat Rolls</li> <li>✓ Mandarin Orange</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Breaded Wild Cod with Tartar sauce</li> <li>✓ French Fries</li> <li>✓ WG Rice with Veggies</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Beef Ravioli</li> <li>✓ Boiled Carrots</li> <li>✓ Honey Wheat Roll</li> <li>✓ Peach</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chicken and Monterey Jack Cheese Quesadillas</li> <li>✓ WG Brown Rice</li> <li>✓ Mango</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chunky Sirloin Burger with Country Vegetables</li> <li>✓ WG Garlic Bread</li> <li>✓ Peach</li> <li>✓ Milk</li> </ul>

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