



# Kiddos Academy

October 8<sup>th</sup> to October 12<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>✓ Oatmeal with Honey</li> <li>✓ WG Buttered Toast</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Waffles with Strawberry Chunks</li> <li>✓ Oranges</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Banana Muffins</li> <li>✓ Mango</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bagel with Cream Cheese</li> <li>✓ Fresh Strawberries</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cereal Cinnamon Toast Crunch</li> <li>✓ WG Buttered Toast</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>✓ Chicken Nuggets</li> <li>✓ Steamed Broccoli</li> <li>✓ WG Brown Rice with Mixed Vegetables</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Honey BBQ Boneless Chicken Wings</li> <li>✓ WG Brown Rice</li> <li>✓ Apple Sauce</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fish Sticks</li> <li>✓ Corn</li> <li>✓ Mashed Potatoes</li> <li>✓ WG Bread</li> <li>✓ Pears</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cheese Pizza</li> <li>✓ Broccoli &amp; Cheese</li> <li>✓ WG Rice with Mixed Vegetables</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Turkey, Cheese, Lettuce &amp; Tomatoes on WG Bread</li> <li>✓ Pasta Salad</li> <li>✓ Milk</li> </ul>
<b>Snack</b> <b>2:00</b> <b>2:30</b>	<ul style="list-style-type: none"> <li>✓ Greek Vanilla Yogurt</li> <li>✓ Graham Crackers</li> <li>✓ Pineapple</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Laughing Cow Cheese Dippers</li> <li>✓ Gold Fish</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Animal Crackers</li> <li>✓ Apple Sauce</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chex Mix</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Graham Cracker</li> <li>✓ Pudding Cup</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>✓ Okra + Tomato + Beef</li> <li>✓ WG Brown Rice</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chicken Lo Mein</li> <li>✓ Honey Wheat Dinner Rolls</li> <li>✓ Tropical Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Lasagna</li> <li>✓ WG Garlic Bread</li> <li>✓ Peach</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Salmon</li> <li>✓ WG Rice with Mixed Vegetables</li> <li>✓ Pineapple</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Beef-A-Roni</li> <li>✓ Green Peas</li> <li>✓ WG Garlic Bread</li> <li>✓ Mixed fruit</li> <li>✓ Milk</li> </ul>

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