



Kiddos Academy

November 5th to November 9th



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30 8:30	<ul style="list-style-type: none"> ✓ Turkey Slices & Cheese on Croissant ✓ Pears ✓ Milk 	<ul style="list-style-type: none"> ✓ Egg White and Turkey Sausage Flatbread Sandwich ✓ berries ✓ Milk 	<ul style="list-style-type: none"> ✓ Spinach & Asiago Chicken Sausage ✓ Buttermilk Biscuits ✓ Banana ✓ Milk 	<ul style="list-style-type: none"> ✓ Grits & Honey ✓ Buttered Whole Wheat Bread ✓ Banana ✓ Milk 	<ul style="list-style-type: none"> ✓ Cinnamon French Toast with Chunks of Strawberries ✓ Banana ✓ Milk
Lunch 11:00 11:30	<ul style="list-style-type: none"> ✓ Mozzarella & Roasted Garlic Chicken Sausage ✓ WG Rice with Mixed Vegetables ✓ Mixed Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Chicken Piccata ✓ WG Garlic Bread ✓ Peach ✓ Milk 	<ul style="list-style-type: none"> ✓ Chicken & Vegetables Pot Pie ✓ WG Brown Rice with Black Beans ✓ Pineapple ✓ Milk 	<ul style="list-style-type: none"> ✓ Cod Burger with tartar sauce, tomato, Lettuce, pickles & cucumber ✓ WG Rice with Carrots ✓ Pears ✓ Milk 	<ul style="list-style-type: none"> ✓ Lo Mein Noodle with Yakisoba Noodles and Beef Strips ✓ WG Bread ✓ Mixed Fruit ✓ Milk
Snack 2:00 2:30	<ul style="list-style-type: none"> ✓ Whole Grain Fig Bar ✓ Apple Sauce ✓ Milk 	<ul style="list-style-type: none"> ✓ Cinnamon Gooney Bites ✓ Tropical Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Breaded Calamari Rings with Marinara Sauce ✓ Tropical Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Chicken Salad ✓ Ritz Crackers ✓ Peach ✓ Milk 	<ul style="list-style-type: none"> ✓ Boneless Chicken Bites Pears ✓ Strawberry ✓ Milk
Dinner 4:00 5:30	<ul style="list-style-type: none"> ✓ Flat Bread Chicken Melt ✓ Broccoli & Cheese Soap ✓ WG Rice with Peas ✓ Mango ✓ Milk 	<ul style="list-style-type: none"> ✓ WG Tortilla Chicken & Veggie Wrap ✓ French Fries ✓ Pears ✓ Milk 	<ul style="list-style-type: none"> ✓ Mozzarella & Roasted Garlic Chicken Sausage ✓ WG Garlic Bread ✓ WG Rice with Beans ✓ Potato Soap ✓ Mixed Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Beef Fajita ✓ Refried Beans ✓ WG Tortillas ✓ Pears ✓ Milk 	<ul style="list-style-type: none"> ✓ Beef and Bean Burritos ✓ Boiled Carrots ✓ WG Brown Rice with Tomato ✓ Water Melon ✓ Milk

Notes:
