



# Kiddos Academy

October 29<sup>th</sup> to November 2<sup>nd</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>✓ Scrambled Eggs &amp; Ground Beef</li> <li>✓ WG Bread</li> <li>✓ Pears</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Kellogg's Frosted Mini-Wheats</li> <li>✓ berries</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Laughing Cow Wedge Cheese on Whole Wheat Flatbread</li> <li>✓ Strawberry</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Grits &amp; Honey</li> <li>✓ Buttered Whole Wheat Bread</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Waffles &amp; Berries</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 Fajita</li> <li>✓ Refried Beans</li> <li>✓ WG Tortillas</li> <li>✓ Peach</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Steak &amp; Cheese Chimichangas</li> <li>✓ Tater Tots</li> <li>✓ WG Rice with Black Beans</li> <li>✓ Pineapple</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables Chow Mein with Chicken</li> <li>✓ WG Rolls</li> <li>✓ Banana</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Birds Eye Garlic Chicken</li> <li>✓ Broccoli &amp; Cheddar Soap</li> <li>✓ WG Bread</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bertolli Classic Skillet Chicken Florentine and Farfalle</li> <li>✓ WG Bread</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>
<b>Snack</b> <b>2:00</b> <b>2:30</b>	<ul style="list-style-type: none"> <li>✓ Whole Grain Fig Bar</li> <li>✓ Apple Sauce</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ NurturMe Organic Ancient Grain Cookie</li> <li>✓ Tropical Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ NurturMe Yum-A-Roo's Organic Snacks</li> <li>✓ Mandarin Oranges</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Organic String Cheese</li> <li>✓ Ritz Crackers</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables Chips</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>✓ Organic Quinoa and Brown Rice with Garlic</li> <li>✓ Tilapia Fish</li> <li>✓ WG Bread</li> <li>✓ Water Melon</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chili with Ground Beef &amp; Penne Pasta</li> <li>✓ French Fries</li> <li>✓ WG Bread</li> <li>✓ Peach</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Teriyaki Chicken with Brown Rice</li> <li>✓ Potato Soap</li> <li>✓ WG Garlic Bread</li> <li>✓ Mixed Fruit</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Beef Fajita</li> <li>✓ Refried Beans</li> <li>✓ WG Dinner Roll</li> <li>✓ Pineapple</li> <li>✓ Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Flat Bread Chicken Melt</li> <li>✓ Broccoli &amp; Cheese Soap</li> <li>✓ WG Rice with Mixed Vegetables</li> <li>✓ Mango</li> <li>✓ Milk</li> </ul>

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