



Kiddos Academy

November 12th to November 16th



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30 8:30	<ul style="list-style-type: none"> ✓ Turkey Sausage, Egg White & Cheese on Wheat English Muffin ✓ Pears ✓ Milk 	<ul style="list-style-type: none"> ✓ Grits & Honey ✓ Buttered WG Bread ✓ Banana ✓ Milk 	<ul style="list-style-type: none"> ✓ Spinach & Asiago Chicken Sausage ✓ Buttermilk Biscuits ✓ berries ✓ Milk 	<ul style="list-style-type: none"> ✓ Scrambled Eggs with Mozzarella & Roasted Garlic Chicken Sausage ✓ WG Bread ✓ Strawberry ✓ Milk 	<ul style="list-style-type: none"> ✓ Egg White and Turkey Sausage Flatbread Sandwich ✓ Banana ✓ Milk
Lunch 11:00 11:30	<ul style="list-style-type: none"> ✓ Smoked Roasted Salmon Slices with Tartar Sauce, Swiss Cheese, Tomato & Cucumber on WG Bread ✓ Mixed Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Beef Frank with Tomato, Lettuce & Relish on WG Buns ✓ Mixed Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Mixed Vegetables, chicken Broth & Chicken ✓ WG Bread ✓ Banana ✓ Milk 	<ul style="list-style-type: none"> ✓ Breaded Wild Cod ✓ Tartar sauce ✓ Cream of Mushroom Soup ✓ WG Brown Rice with Veggies ✓ Tropical Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Beef and Bean Burritos ✓ WG Rice with Peas ✓ Boiled Carrots ✓ Water Melon ✓ Milk
Snack 2:00 2:30	<ul style="list-style-type: none"> ✓ Crunchmaster 5 Seed Multigrain Cracker ✓ Pineapple ✓ Milk 	<ul style="list-style-type: none"> ✓ WG Honey Graham Crackers ✓ Tropical Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Chicken Salad ✓ Ritz Crackers ✓ Mixed Fruit ✓ Milk 	<ul style="list-style-type: none"> ✓ Oats 'n Honey Crunchy Bar ✓ Pears ✓ Milk 	<ul style="list-style-type: none"> ✓ Soft Pretzels ✓ Tropical Fruit ✓ Milk
Dinner 4:00 5:30	<ul style="list-style-type: none"> ✓ Parmesan Encrusted Tilapia ✓ WG Rice with Mixed Vegetables ✓ Peach ✓ Milk 	<ul style="list-style-type: none"> ✓ WG Tortilla Chicken & Veggie Wrap ✓ French Fries ✓ Strawberry ✓ Milk 	<ul style="list-style-type: none"> ✓ Flat Bread Chicken Melt ✓ WG Brown Rice with Black Beans ✓ Mango ✓ Milk 	<ul style="list-style-type: none"> ✓ Beef Fajita ✓ Refried Beans ✓ Honey Wheat Rolls ✓ Pineapple ✓ Milk 	<ul style="list-style-type: none"> ✓ Beef Lasagna ✓ WG Garlic Bread ✓ Pears ✓ Milk

Notes:
