

Kidz Academy Menu

Week: **OCTOBER 18 – 22, 2021**

MENU A		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	whole/1%	whole/1%	whole/1%	whole/1%	whole/1%
	Vegetables/Fruit	Bananas	Pears	Orange Juice	Grapes	Mixed Fruit
	Grains	Cheerios	Toast	Rice Chex	Oatmeal	Mini Bagels
Lunch	Milk	whole/1%	whole/1%	whole/1%	whole/1%	whole/1%
	Vegetables/Fruit	Pineapple Green Beans	Oranges Lettuce	Melon Corn	Peaches Celery	Apple Baby Carrots
	Meat	Turkey	Refried Beans	Cheese Pizza	Corndog	Ham
	Meat Alternate	Sliced Cheese	Shredded Cheese	3Meat		Shredded Cheese
	Grains	Bread (sandwiches)	Tortilla (burrito)			Tortilla (quesadilla)
Snack	Milk	whole/1%				whole/1%
	Vegetables/Fruit				Apple Juice	
	Grains	Ritz Crackers	Club Crackers	Yogurt	Cheez-its	Toast
	Meat/Alternate		Cheese Sticks	Graham Crackers		

This institution is an equal opportunity provider. (Menus updated 9/24/2021)

Kidz Academy Menu

Week: **OCTOBER 25 – 29, 2021**

MENU B		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	whole/1%	whole/1%	whole/1%	whole/1%	whole/1%
	Vegetables/Fruit	Bananas	Peaches	Oranges	Orange juice	Mixed fruit
	Grains	French Toast Sticks	Honey Bunches of Oats	Oatmeal	Cheerios	Waffles
Lunch	Milk	whole/1%	whole/1%	whole/1%	whole/1%	whole/1%
	Vegetables/Fruit	Apple Tomatoes	Cantaloupe Lettuce	Applesauce Fries	Pineapple Baby Carrots	Oranges Mixed Veggies
	Meat	Turkey	Ham	Hot Dogs	Turkey	Refried Beans
	Meat Alternate	Sliced Cheese	Sliced Cheese		Sliced Cheese	Shredded Cheese
	Grains	Tortilla (roll-ups)	Buns (tortas)	Buns	Bread (sandwiches)	Tortilla (quesadilla)
Snack	Milk	whole/1%		whole/1%	whole/1%	
	Vegetables/Fruit	Cream Cheese				Apple Juice
	Grains	Mini Bagels	Cheerios	Ritz	Toast	Pretzels
	Meat/Alternate		Yogurt			

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Week: **OCTOBER 11 – 15, 2021**

MENU C		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfas	Milk	whole/1%	whole/1%	whole/1%	whole/1%	whole/1%
	Vegetables/Fruit	Bananas	Orange Juice	Apple	Mixed Fruit	Peaches
	Grains	Toast	Cheerios	Oatmeal	English Muffins	Waffles
Lunch	Milk	whole/1%	whole/1%	whole/1%	whole/1%	whole/1%
	Vegetables/Fruit	Melon Celery	Grapes Lettuce	Grapes Green Beans	Pears Cucumber	Apple Baby Carrots
	Meat	Turkey	Ham	Chicken Nuggets	Turkey	Corn Dogs
	Meat Alternate	Sliced Cheese	Shredded Cheese		Cream Cheese	
	Grains	Bread (grilled sandwich)	Mac & Cheese	Rolls	Pita Bread	
Snack	Milk	whole/1%		Milk		whole/1%
	Vegetables/Fruit				Apple juice	
	Grains	Animal Crackers	Ritz	Graham Crackers	Goldfish	Toast
	Meat/Alternate		Cheese Sticks			

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