

Kiddie Academy of Virginia Beach

Menu Plan for January 6th, 2025 through January 17th, 2025

	MONDAY - Jan. 6th	TUESDAY - Jan 7th	WEDNESDAY - Jan. 8th	THURSDAY - Jan. 9th	FRIDAY - Jan. 10th
AM SNACK	Low-Fat Vanilla Yogurt, Whole-grain Shortbread Biscuits, Water	Cheese Omelet, Buttered Toast, Milk	Whole-grain, Cereal, Milk	Whole-grain Biscuits, 100% Strawberry Jam, Milk	Whole-grain, Cereal, Milk
LUNCH	Whole-grain Corn Dog Nuggets Yellow Corn, Baked Cinnamon Apples, Milk	Hamburger Goulash, with Elbow Noodles, Sweet Peas, Mandarin Oranges, Milk	Cheese Quesadillas on Whole-grain Flour Tortilla Shells, Green Beans, Pineapple Tidbits, Milk	Whole-grain Buttered Noodles with Chicken and Parmesan, Diced Carrots, Diced Peaches, Milk	Sloppy Joes, on Whole-grain rolls, Peas & Carrot Medley, Fruit Salad, Milk
PM SNACK	Whole-grain Scooby Doo Crackers, Sliced Oranges, Water	Whole-grain Bug Bites, Gogurt, Water	Whole-grain Chocolate Tiger Bites, Bananas, Water	Whole-grain Cheddar Gold Fish, Low-Fat Mozzarella Cheez Its, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice
	MONDAY - Jan. 13th	TUESDAY - Jan. 14th	WEDNESDAY - Jan. 15th	THURSDAY - Jan. 16th	FRIDAY - Jan. 17th
AM SNACK	Whole-grain Waffle Stix, Milk	Whole-grain Croissant, 100% Strawberry Jam, Milk	Whole-grain, Cereal, Milk	Cheese Omelet, Buttered Toast, Milk	Whole-grain, Cereal, Milk
LUNCH	Whole-grain Chicken Nuggets with Chick-Fil-A Sauce, Green Beans, Diced Peaches, Milk	TACO TUESDAY Beef Taco, Yellow Rice with Corn, Mandarin Oranges, Milk	Hotdogs on Whole-grain Rolls, Baked Beans, Pineapple Tidbits, Milk	Pizza Rolls on Whole-grain Flour Tortilla Shells, Sweet Peas, Diced Pears, Milk	Turkey Meatballs, Mashed Potatoes with Gravy, Steamed Broccoli, Tropical Fruit Salad, Milk
PM SNACK	Whole-grain Chex Strawberry Yogurt Mix, Applesauce Cups, Water	Whole-grain Cheddar Gold Fish, Low-Fat Mozzarella Cheese Sticks, Water	Whole-grain Oyster Crackers, Cucumber Wedges, Ranch Dressing, Water	Whole-grain Bug Bites, Whole Apples for >2 and Diced Apples for <2, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice

All Juice is 100% fruit or vegetable juice/vitamin C fortified (No more than 4-6 oz per day).

Milk - must be unflavored whole milk for children age one. Milk - must be unflavored 1% for children ages two and older.

Whole-grain options will be used whenever possible.