



Kids R Kids - The Academy at Blakeney

Private Preschool / Kindergarten / Elementary School Enrichment

Spring/Summer

MENU B

BREAKFAST

- Monday** Cereal, bananas, orange juice, milk
Tuesday Assorted breads and muffins, 100% fruit juice, milk
Wednesday Oatmeal, raisins, fruit, milk
Thursday Nutri-grain bars, fruit, milk
Friday Pancakes, fruit, milk

LUNCH

- Monday** Cheese ravioli with cream sauce, garden salad, seasonal fruit and veggies, milk
Tuesday Meatball submarines, seasonal fruit and veggies, milk
V: Veggie burgers
Wednesday Flounder fillets, mashed potatoes, seasonal veggies
V: Veggie (soy) nuggets
Thursday Nachos with cheese and ground turkey (salsa, sour cream optional), seasonal veggies, fruit, milk
V: Soy crumbles in place of turkey
Friday Wraps with assorted meats and cheeses, tossed salad, fruit (green beans for 5 and under)

SNACK

- Monday** Fresh fruit, honey grahams
Tuesday Assorted snacks, 100% fruit juice
Wednesday Cheese sticks and crackers, 100% fruit juice
Thursday Trail mix (no nuts), 100% fruit juice
Friday Yogurt, graham crackers

Please note that substitutions may be made if necessary

V: Vegetarian options