



Kids R Kids - The Academy at Blakeney

Private Preschool / Kindergarten / Elementary School Enrichment

Spring/Summer

MENU D

BREAKFAST

- Monday*** Cereal, bananas, orange juice, milk
Tuesday Assorted bagels and cream cheese, orange juice, milk
Wednesday Yogurt and granola, orange juice, milk
Thursday Nutri-grain bars, fruit, milk
Friday Biscuit and fresh fruit, orange juice milk

LUNCH

- Monday*** Turkey tetrazzini, seasonal fruits and veggies, milk
V: Tofu tetrazzini
Tuesday Flounder fillets, rolls, mashed potatoes, seasonal fruits and veggies, milk
V: Veggie nuggets
Wednesday Chili mac and cheese, seasonal fruits and veggies, milk
V: Soy chili
Thursday Submarine sandwiches (turkey, cheese), seasonal fruits and veggies, milk
V: Cheddar and American cheese subs
Friday Homemade pizza, seasonal fruit and veggies

SNACK

- Monday*** Assorted snacks, milk, juice
Tuesday String cheese and crackers, 100% fruit juice
Wednesday Assorted snacks, milk, juice
Thursday Veggie sticks, milk, juice
Friday Fresh fruit, graham crackers, milk, juice

Please note that substitutions may be made if necessary

V: Vegetarian options