



Kids R Kids - The Academy at Blakeney

Private Preschool / Kindergarten / Elementary School Enrichment

Spring/Summer

MENU A

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 Biscuits and cheese, fruit, orange juice, milk

LUNCH

- Monday** Fettuccine Alfredo, seasonal fruit and veggies, French bread, milk
V: Tofu tetrazzini
Tuesday Chicken and brown rice with gravy, seasonal fruit and veggies, milk
V: Veggie nuggets
Wednesday Turkey chili with cheddar cheese, seasonal veggies, tortilla chips, fruit salad, milk
V: Soy chili
Thursday Submarine sandwiches (turkey, ham, cheese), seasonal veggies, milk
V: Cheddar and American cheese subs
Friday Pizza, seasonal fruit and veggies, milk

SNACK

- Monday** Assorted snacks, milk
Tuesday String cheese and crackers, 100% fruit juice
Wednesday Greek yogurt, 100% fruit juice
Thursday Trail mix, 100% fruit juice
Friday Fresh fruit salad, milk

Please note that substitutions may be made if necessary

V: Vegetarian options