



Kids R Kids - The Academy at Blakeney

Private Preschool / Kindergarten / Elementary School Enrichment

Spring/Summer

MENU C

BREAKFAST

- Monday*** Cereal, bananas, orange juice, milk
Tuesday Biscuits, fruit, 100% fruit juice, milk
Wednesday Yogurt, assorted fruit, milk
Thursday Nutri-grain bars, fruit, milk
Friday Pancakes, fruit, milk

LUNCH

- Monday*** Chicken nuggets, seasonal fresh fruit and veggies, rolls, milk
V: Veggie nuggets
Tuesday Submarine sandwiches, seasonal fruit and veggies, milk
V: Cheddar and American cheese sandwiches
Wednesday Garlic and lemon chicken with pasta, seasonal fruit and veggies, milk
V: Tofu lo mein
Thursday Quesadilla pizzas, tossed salad, seasonal fresh fruit and veggies, milk
(Children under 3 will have steamed carrots in place of salad)
Friday Turkey burger macaroni, seasonal fruit and veggies, milk
V: Veggie burger macaroni

SNACK

- Monday*** Assorted snacks, milk, juice
Tuesday Cheese cubes and crackers
Wednesday Assorted snacks, milk, juice
Thursday Fresh fruit salad, milk
Friday Assorted snacks, milk, juice

Please note that substitutions may be made if necessary

V: Vegetarian options