

Kids For Kids Academy Organic Food Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Blueberry Muffin, Cantaloupe	Cheese Quesadilla	Veggie Cracker & Ham	Mixed Berries, Yogurt	Cheese Toast
Lunch	WG Ham & Cheese Sandwich Peas & Banana	WG Fish Sticks, Couscous Tossed Salad Apple Sauce	WG Chili Elbow Mac Green Beans Bananas	Red Beans WG Brown Rice Mixed Veggies & Plantains	Homemade Pizza Carrots Apples
Snack	Goldfish & Mango	WG Corn chips & Hummus	Carrots and Pretzels	Milk & Graham Crackers	Homemade Black bean & corn salsa w/ WG corn chips
Morning Snack	Veggie Crackers & Turkey	Melba Toast & Honeydew	WG Cereal & Milk	Bagel & Cheese	Mini Soy butter WG Sand.
Lunch	WG Cheese Quesadillas Corn on the Cob Strawberries	WG Brown Rice with Chicken Broccoli Slaw & Pineapple	Turkey Sloppy Joe, WG Bun, Sweet Potato Fries & Apples	WG Whole Wheat Spaghetti / Meatballs Green Beans & Apple Sauce	WG Chicken Tenders Quinoa, Peas Oranges
Snack	Yogurt & Mixed Berries	Mini Pita & Slice of Cheese	Animal Crackers & Milk	Wheat Thins, Mixed Fruit	Hummus & WG Carrots
Morning Snack	WG Cheese Toast	English Muffin & Cantaloupe	Oyster Crackers & Apples	Hummus & WG Corn Chips	Crackers & Ham
Lunch	Black Beans & WG Rice Broccoli Slaw Sweet Plantains	Meatloaf & Green Beans WG Roll Bananas	Picadillo WG Brown Rice Mixed Veggies & Strawberries	Turkey & Cheese WG Sandwich Carrots/Strawberries	Sweet & Sour Meatballs WG Brown Rice / Salad Apple Sauce
Snack	Ham & Chicken Crackers	WG Maria Cookies & Carrots	Blueberry Muffin & Oranges	Cheese Squares & Mango	Chow Mein Noodle & Mixed Fruit
Morning Snack	WG Cereal & Milk	Mixed Berries, Yogurt	Veggie Crackers & Apples	Blueberry Muffin & Pineapple	WG Melba Toast & Cheese
Lunch	Hamburger on a WG Bun Tator Tots Oranges	Soy Nut Butter WG Sand. Broccoli Bananas	Turkeyroni w/ WG Whole Wheat Pasta Peas & Mango	Turkey Franks & Beans WG Roll Apple Sauce	Turkey and Cheese WG Wrap w/ Lettuce, Shredded Carrots, Mixed Fruit
Snack	Turkey & Cheese, Mini WG Sand.	Wheat Thins & Carrots	Half Slice Raisin Bread & Oranges	Hummus & WG 1/2 Wrap	Milk & Graham Crackers
Morning Snack	Cinn. Raisin Bread & Apples	Crackers & Ham	Bagel & 1/2 sl. Cheese	WG Cereal & Milk	Cheese Quesadilla
Lunch	Grilled Cheese WG Sandwhich Broccoli & Pineapple	Butternut Squash WG Mac & Cheese Green Beans & Strawberries	Turkey Sausage WG Brown Rice Mixed Veggies & Mango	BBQ Chicken & WG Rice Tossed Salad & Mango	Homemade Pizza Carrots Apple Sauce
Snack	Yogurt & Mixed Berries	Trail Mix & Bananas	Blueberry Muffin & Mixed fruit	WG Teddy Graham's & Oranges	Homemade Black bean & corn salsa/ WG corn chips

Kids For Kids Academy participates in the State of Florida Department of Health Childcare Food Program. We adhere to strict program guidelines, therefore bringing in from from the outside by families is NOT permitted. Substitutions can only be made for religious or dietary restrictions based on documentation. Families may send in special milk if accompanied by the CCFP Doctor's note form. When "cereal" is listed the center provides Whole Grain Cheros.

Organic unflavored milk (whole milk for age 1, 1% for ages 2+) is served with lunch and with snack when noted on the food calendar. Bottled water served with snack.

Fresh fruit & Organic veggies listed may vary, depending on the availability & freshness. When fresh fruit or vegetables are not available, frozen organic will be used.



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