

Kids For Kids Academy Organic Food Menu 2023-2024

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

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 the outside by families is NOT permitted. Substitutions can only be made for religious or dietary restrictions based on documentation. Infants are permitted to bring in one component per meal from home as permitted CCFP guidelines. Families may send in special milk if accompanied by the CCFP Doctor's note form. When "cereal" is listed the center provides Whole Grain Cherios.

Organic unflavored milk (whole milk for age 1, 1% for ages 2+) is served with breakfast and 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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