



## WEEK A MENU

Kiddie Academy of Chesterfield  
Kiddie Academy of Des Peres  
Kiddie Academy of O'Fallon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios Cereal Organic Milk	Biscuit * Jelly Organic Milk	Vanilla Yogurt Strawberries Organic Milk	Waffle * Raspberries Organic Milk	Cinnamon Raisin Toast Pineapple Organic Milk
Lunch	Chicken O-shaped Nuggets Carrots Pears Organic Milk	Grilled Cheese * Italian Blend Peaches Organic Milk	Rice, Beans & Salsa California Blend Honeydew Organic Milk	Sunbutter & Jelly* Green Beans Oranges Organic Milk	Mac & Cheese with Chicken Broccoli Cantaloupe Organic Milk
Afternoon Snack	Cinnamon Graham Sticks * Banana Water	Fresh Apple Slices Sunbutter Water	Blueberry Muffin Water	Ritz Sliced Cheese Water	Pita Cucumbers Water

### We are your partners in promoting healthy eating habits.

Our meals are served family style. This means that during meal time, children learn more than just healthy eating; they practice manners, conversation, respect, and sharing.

Here's what you can expect from our menus:

- We offer seasonal fruits and vegetables.
- Yogurt and milk are fat free or low fat (1%), cheeses are unprocessed and low fat.
- Whole grains are served daily.
- No hydrogenated/partially hydrogenated oils are used.
- We never serve fried foods and canned items are in water only.

\*Whole grain



## WEEK B MENU

Kiddie Academy of Chesterfield  
Kiddie Academy of Des Peres  
Kiddie Academy of O'Fallon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios Organic Milk	Turkey Sausage Peaches Organic Milk	English Muffin Jelly Organic Milk	Oatmeal Strawberries Organic Milk	French Toast Sticks * Raspberries Organic Milk
Lunch	Vegetarian Chicken Sandwich * Cucumbers Banana Organic Milk	Turkey & Cheese Sandwich * Peas & Carrots Pineapple Organic Milk	Chicken & Rice with Cream of Mushroom Soup Casserole Broccoli Oranges Organic Milk	Vegetarian Bean Burrito Coleslaw Mango Organic Milk	Fish Stix * Tartar Sauce Italian Blend Pears Organic Milk
Afternoon Snack	Pretzels Applesauce Cup Water	Ritz Sunbutter Water	Yogurt Blueberries Water	Bagel Cream Cheese Water	String Cheese Apples Water

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## WEEK C MENU

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Kiddie Academy of Des Peres  
Kiddie Academy of O'Fallon

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Morning Snack	Cheerios Organic Milk	Vanilla Yogurt Blueberries Organic Milk	Cinnamon Raisin Toast Apples Organic Milk	Blueberry Muffin Organic Milk	English Muffin Jelly Organic Milk
Lunch	Rice, Beans & Salsa Green Beans Peaches Organic Milk	Chicken O-shaped Nuggets Carrots Honeydew Organic Milk	Sun Butter & Jelly Sandwich * Italian Blend Pears Organic Milk	Chicken Sweet Potatoes Pineapple Organic Milk	Grilled Cheese * California Blend Cantaloupe Organic Milk
Afternoon Snack	Graham Crackers Banana Water	Ritz Oranges Water	Cucumbers Sliced Cheese Water	Pita Sunbutter Water	Mini Cream Cheese Stuffed Bagel Strawberries Water

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## WEEK D MENU

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Kiddie Academy of Des Peres  
Kiddie Academy of O'Fallon

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Morning Snack	Cheerios Organic Milk	Toast * Banana Organic Milk	French Toast Sticks * Mango Organic Milk	Oatmeal Strawberries Organic Milk	Cinnamon Raisin Toast Oranges Organic Milk
Lunch	Pizza Grilled Cheese * Carrots Applesauce Cup Organic Milk	No Egg Fried Rice with Chicken Peas & Carrots Pineapple Organic Milk	Turkey Wrap Broccoli Peaches Organic Milk	Burger on Bread * Green Beans Cantaloupe Organic Milk	Pasta with Northern Beans & Red Sauce California Blend Pears Organic Milk
Afternoon Snack	Vanilla Yogurt Raspberries Water	Goldfish Honeydew Water	Pretzels Cucumbers Water	Ritz Sunbutter Water	String Cheese Apples Water

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