

## MENU PLAN

**Kiddie Academy® of** Collegeville  
For the week of: 3/6/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal	Bagels w/ Butter & Jelly	Oatmeal w/ Apple	Yogurt	Chef's Chioce
Lunch	Fish sticks  Green Beans  Pears	Beef Stroganoff  Noodles  Peaches	Ham & Cheese Sandwiches  Mixed Vegies  Mandarin Orange	Chicken Tacos  Corn  Pineapple	Chef's Choice
PM Snack	Nella Waffers	Ritz Crackers	Sun Chips	Cheese Crackers	Chef's Choice

**Key recommendations:**

All juice is 100% fruit or vegetable juice / vitamin C fortified (No more than 4-6 oz. per day)

Milk – Fat Free or 1% (non-flavored) for ages 2 and older

Fresh Fruit choices – oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit

Bread and Pasta – Whole grain options will be used whenever possible

All cheese – to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt – fat-free or low-fat 1%

Whole grain to be included twice daily

Hydrogenated/partially hydrogenated vegetable oils are never to be used

Fish - avoid fried versions of fish sticks, chicken nuggets and French fries; no more than 1 serving per week