Kiddie Academy of Virginia Beach

Menu Plan for October 12th, 2026 through October 23rd, 2026

	MONDAY - Oct. 12th	TUESDAY - Oct. 13th	WEDNESDAY - Oct. 14th	THURSDAY - Oct. 15th	FRIDAY - Oct. 16th
AM SNACK	Whole-grain Cereal, Milk	Whole-grain Apple Rolls, Milk	Whole-grain Cereal, Milk	Scrambled Eggs & Ham, Milk	Whole-grain Bagel Bites with Stuffed Cream Cheese, Milk
LUNCH	Whole-grain Chicken Nuggets, Creamed Corn, Mandarin Oranges, Milk	Mac & Cheese Mixed Vegetables, Pineapple Tidbits, Milk	Homemade Chicken Noodle Soup, Oyster Crackers, Green Beans, Fruit Salad, Milk	Chicken Parmesan, Diced Carrots,, Diced Peaches, Milk	American Goulas with Whole-grain Elbow Pasta, Corn-on-the-Cob, Diced Pears, Milk
PM SNACK	Whole-Grain Gold Fish Cheddar Crackers, Sliced Oranges, Water	Whole-grain Bug Bites, Applesauce Pouches <2, Applesauce Cups for >2, Water	Whole-grain Vanilla Bear Crackers, Gogurt, Water	Whole-grain Pretzels Whole Apples for >2, Diced Apples for <2, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice, Water
	MONDAY - Oct. 19th	**TUESDAY - Oct. 20th**	**WEDNESDAY - Oct. 21st**	**THURSDAY - Oct. 22nd**	**FRIDAY - Oct. 23rd**
AM SNACK	Whole-grain Cereal, Milk	Blueberry Muffins, Milk	Whole-grain Cereal, Milk	Scrambled Eggs, Milk	Whole-grain Biscuits with 100% Strawberry Jam, Milk
LUNCH	Whole-grain Chicken Nuggets, Green Beans, Pineapple Tidbits, Milk	**Taco Tuesday** Beef & Cheese Tacos on Whole-Grain Tortillas, Steamed Yellow Rice, Diced Peaches, Milk	**Yee-Haw! Cowboy Beans** Sweet Corn, Diced Pears, Milk	Whole-grain Buttered Noodles with Chicken and Parmesan, Diced Carrots, Mandarin Oranges, Milk	Whole-grain Cheese Quesadillas, Yellow Rice with Corn, Fruit Salad, Milk
PM SNACK	Whole-grain Dick & Jane Crackers, Applesauce Pouches <2, Applesauce Cups for >2, Water	Whole-grain Cheddar Gold Fish, Low-fat Mozzarella Cheese Sticks, Water	Whole-grain Chocolate Bears, Bananas, Water	Whole-grain Fig Bars, Gogurt, Water	Whole-grain Miscellaneous Crackers, 100% Fruit Juice, Water

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

Milk - must be unflavored whole milk for children age one. Milk - must be unflavored 1% for children ages two and older.

Whole-grain options will be used whenever possible.

Menu is subject to change for any reason.