

All About Kids Learning Academy, Inc & Love N Learn Academy
Menu

Community Partnership: Ada S. McKinley

Program: Full Day head Start

Beginning Monday Dates: July 2, July 30, September 24, 2018

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
A.m Supplement	W/G Cheerios Blueberries Milk	W/G Biscuits Bananas Milk	W/G Kix Cereal Pears Milk	W/G Oatmeal Peaches Milk	Blueberry Muffins Apple Slices Milk
Lunch	Grilled Chicken Filletts W/G Brown Rice Mixed Vegetables Sweet Potatoes Kiwi Milk	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Slices Oranges Milk	Chicken Nuggets French Fries w/ Cheeses Spinach Slice Apples Milk	W/G Mostaccioli w/ Turkey Tomato Sauce Cooked Carrots Italian Vegetables Pineapples Milk	Chicken Parmesan W/G Wheat Bread Mixed Greens Whole Potato Applesauce Milk
Supper	Fish Patty W/ Cheese W/G/ Wheat Bread Tator Tots Kiwi Milk	W/G Italian Pasta Salad W/Diced Chicken Cucumbers Oranges Milk	Turkey Sandwich W/G Wheat Bread Mixed Vegetables Slice Apples Milk	Lasagna Garlic bread Sweet Peas Pineapples Milk	W/G wheat Bread Grilled Cheese Sandwich String Beans Applesauce Milk

Serving Size	1-3 Years	3-6 Years	6 -12 Years
Protein	1 oz	1.5 oz	2 oz
Vegetable	1 oz	2 oz	4oz
Fruit	1 oz	2 oz	4 oz
Whole Grain (W/G)	½ serving	½ serving	1 serving
Milk	4 oz	6 oz	8 oz
Type of Milk	Whole Milk-1 yr.	1%-2-12 yr.	

[Handwritten Signature] RD, LDN
Nutritionist

06/23/2018

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Community Partnership: Ada S. McKinley

Program: Full Day Head Start

Beginning Monday Date: July 9, August 6, September 3, 2018

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Supplement	W/G Cheerios Blueberries Milk	Biscuits Bananas Milk	W/G Kix Cereal Peas Milk	W/G/ Oatmeal Peaches Milk	Apple muffins Oranges Slices Milk
Lunch	Grilled Chicken W/ Egg Noodles Carrots Peas Pears Milk	BBQ Chicken Wings W/G Wheat Bread Broccoli Sweet Potatoes Peaches Milk	Ravioli w/ Ground Turkey Crackers Green Beans Cauliflower Applesauce Milk	Cheese Lasagna Garlic Bread Zucchini Mixed Vegetables Watermelon Milk	Salisbury Steak W/G Dinner Rolls W/G Brown Rice Corn on Cob Red, Yellow Peppers Ranch dressing Pineapples Milk
Supper	Chili w/ Ground Turkey Oyster Crackers Mix vegetables Pears Milk	Stroganoff W/ Ground Turkey W/ Crackers Cucumber & Tomato Salad Peaches Milk	Chicken Parmesan W/G Wheat Bread Garlic Mashed Potatoes w/ Gravy Applesauce Milk	W/G Spaghetti W/ Ground Turkey Tomato Sauce Normandy Vegetables Watermelon Milk	Fish Patty W/G Wheat bread Italian Vegetables Tarot Tots Pineapples Milk

Serving Size	1-3 Years	3-6 Years	6 -12 Years
Protein	1 oz	1.5 oz	2 oz
Vegetable	1 oz	2 oz	4oz
Fruit	1 oz	2 oz	4 oz
Whole Grain (W/G)	½ serving	½ serving	1 serving
Milk	4 oz	6 oz	8 oz
Type of Milk	Whole Milk-1 yr.	1%-2-12 yr.	

[Handwritten Signature]
RD, LDW
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Week 3

Beginning Monday: July 16, August 13, and Sept.17, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Supplement	W/G Cheerios Banana Milk	W/G Oatmeal Blueberries Milk	W/G Kix Kiwi Milk	Biscuits Grapefruit Milk	English Muffins Apple Slices Milk
Lunch	Sloppy Joe W/G Wheat Bread Tator Tots Baby Carrots Fruit Cocktail Milk	Baked Chicken (QTR) Marconi & Cheese Whole Potatoes Mixed Vegetables Slice Apple Milk	Ravioli w/ Ground Turkey W/G Crackers Cooked Carrots Mixed Greens Oranges Slice Milk	W/G Spaghetti w/ Ground Turkey Tomato Sauce Cream Corn Broccoli Cantaloupe Milk	Cheese Burger W/G Wheat Buns French Fries Green Beans Tangerine Milk
Supper	W/g Quesadilla w/ Chicken & Cheese Italian Vegetables Fruit Cocktail Milk	Chili w/ Ground Turkey W/G Wheat Crackers Broccoli Sliced Apples Milk	BBQ Chicken Wings W/G Brown Rice Spinach Orange Slices Milk	Nachos w/ Ground Turkey Cheese Sauce Shredded Lettuce Tomato Cantaloupe Milk	Chicken Pasta Alfredo W/G Garlic Bread Dice Carrots Tangerine Milk

Serving Size	1-3 Years	3-6 Years	6 -12 Years
Protein	1 oz	1.5 oz	2 oz
Vegetable	1 oz	2 oz	4oz
Fruit	1 oz	2 oz	4 oz
Whole Grain (W/G)	½ serving	½ serving	1 serving
Milk	4 oz	6 oz	8 oz
Type of Milk	Whole Milk-1 yr.	1%-2-12 yr.	

RD, LDN
Nutritionist

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Week 4

Beginning Monday Date: July 23, August 27, September 24, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Supplement	W/G Cheerios Pears Milk	Cinnamon Muffins Peaches Milk	W/G Cheerios Orange Slice Milk	English Muffins Banana Milk	W/G Oatmeal Blueberries Milk
Lunch	Turkey Sandwich w/G Wheat Bread Baby Carrots Mixed Vegetables Apple Slices Milk	Quesadilla w/ Dice Chicken & Cheese W/ G Taco Shell Cream Corn Baked beans Mandarin Oranges Milk	Ravioli w/ Ground Turkey & Cheese Normandy Blend Vegetables String Beans Fruit Cocktail Milk	Homemade Chicken Noodle Soup W/G Wheat Crackers Mixed Vegetables Tossed Salad Ranch dressing Peaches Milk	Mac & Cheese W/ Turkey Ham Peas Carrots Tangerine Milk
Supper	Nachos W/ Ground Turkey and Cheese Shredded Lettuce Diced Tomatoes Apple Slices Milk	Stroganoff e/ ground Turkey WG Wheat Bread Carrots Mandarin Oranges Milk	Meatball Sub. w/ Marinara Sauce Corn on the Cob Cream Corn (1-2) Fruit cocktail Milk	Cheese Burger W/ G wheat Buns Tator Tots Peaches Milk	Dirty Rice w/ Ground Turkey Spinach Tangerine Milk

Serving Size	1-3 Years	3-6 Years	6 -12 Years
Protein	1 oz	1.5 oz	2 oz
Vegetable	1 oz	2 oz	4oz
Fruit	1 oz	2 oz	4 oz
Whole Grain (W/G)	½ serving	½ serving	1 serving
Milk	4 oz	6 oz	8 oz
Type of Milk	Whole Milk-1 yr.	1%-2-12 yr.	

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