



# Children's Academy

Early Learning Center

Ages 3 – 5

2020—2021



## Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### WEEKS 1 & 3

WG Muffin 2 oz  
Pineapple Tidbits 1/2 c  
Low Fat Milk 1/2 pt

Cheese Omelet 3.5 oz  
Apple Slices 2 oz  
Low Fat Milk 1/2 pt

WG Cereal 1 oz  
Banana 1/2 c  
Low Fat Milk 1/2 pt

WG Pancakes 3.17 oz  
Tangerine Juice 4.23 fl oz  
Low Fat Milk 1/2 pt

WG Muffin 2 oz  
Orange Wedges 1/2 c  
Low Fat Milk 1/2 pt

### WEEKS 2 & 4

WG Banana Bread 3.4 oz  
White Grape Juice 4.23 fl oz  
Low Fat Milk 1/2 pt

Egg & Cheese Biscuit 2.65oz  
Tater Tots 2.5 oz  
Low Fat Milk 1/2 pt

WG Apple Cinnamon  
Texas Toast 3.3 oz  
Orange Wedges 1/2 cup  
Low Fat Milk 1/2 pt

WG Blueberry Waffles 1 pkg  
Pineapple Tidbits 1/2 c  
Low Fat Milk 1/2 pt

Whole Grain Cereal 1 oz  
Strawberry Applesauce 1/2 c  
Low Fat Milk 1/2 pt

## Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Scrambled Eggs 1/4 c  
Sausage Patty 1.33 oz  
Biscuit 2.25 oz  
Tater Tots 1/4 c  
Applesauce 1/4 c  
Low Fat Milk 1/2 pt

WG Cheese Bites 3 ea  
Steamed Carrots 1/4 c  
Seasoned Broccoli 1/4 c  
Strawberries 1/4 c  
Low Fat Milk 1/2 pt

WG Chicken Bites 3.44 oz  
Seasoned Corn 1/4 c  
Garden Side Salad 1/2 c  
Mandarin Oranges 1/4 c  
Low Fat Milk 1/2 pt

Hamburger 2.25 oz on Bun  
Potato "Smiles" 2 ea  
Celery Sticks 1/4 c  
Fresh Apple Slices 1/4 c  
Low Fat Milk 1/2 pt

WG Smuckers PBJ 1 ea  
& String Cheese 1 ea  
Baby Carrots 1/4 c  
Applesauce 1/2 c  
Low Fat Milk 1/2 pt

Salisbury Steak 2.25 oz  
Mashed Potatoes 1/4 c  
Southern Green Beans 1/4 c  
Pineapple Tidbits 1/4 c  
WG Dinner Roll 1 ea  
Low Fat Milk 1/2 pt

WG Cheese Pizza 1 sl  
Garden Side Salad 1/2 c  
Fresh Broccoli Florets 1/4 c  
Banana 1/4 c  
Low Fat Milk 1/2 pt

WG Mini Corn Dogs 5 ea  
Macaroni & Cheese 1/4 c  
Peas 1/4 c  
Cantaloupe Cubes 1/4 c  
Low Fat Milk 1/2 pt

WG Grilled Cheese 1 ea  
Tomato Soup 1/2 c  
Orange Wedges 1/4 c  
Low Fat Milk 1/2 pt

Turkey Munchable 1 ea  
Celery Sticks 1/4 c  
Peach Cup 1/2 c  
Low Fat Milk 1/2 pt

Sausage Patty 1.33 oz  
WG Pancakes 1 pkg  
Hashbrown Stars 1.8 oz  
Strawberries 1/4 c  
Low Fat Milk 1/2 pt

Italian Meatsauce 5.6 oz  
WG Rotini 1/2 c  
Garden Side Salad 1/2 c  
Orange Wedges 1/4 c  
Low Fat Milk 1/2 pt

WG Chicken Bites 3.44 oz  
Sweet Potato Tots 1 1/2 oz  
Celery Sticks 1/4 c  
Pears 1/4 c  
Low Fat Milk 1/2 pt

Beef Taco Meat #10 scoop  
WG Baked Scoops 1 pkg  
Refried Beans 1/4 c  
Seasoned Corn 1/4 c  
Apple Slices 1/4 c  
Low Fat Milk 1/2 pt

WG Turkey & Cheese  
Sandwich 4.5 oz  
Baby Carrots 1/4 c  
Peach Cup 1/2 c  
Low Fat Milk 1/2 pt

WG Cheese Pizza 1 sl  
Seasoned Peas 1/4 c  
Fresh Baby Carrots 1/4 c  
Mandarin Oranges 1/4 c  
Low Fat Milk 1/2 pt

Roast Turkey & Gravy 3/8 c  
Mashed Potatoes 1/4 c  
Mixed Vegetables 1/4 c  
Pineapple Tidbits 1/4 c  
WG Dinner Roll 1 ea  
Low Fat Milk 1/2 pt

Sloppy Joe 3/8 cup  
WG Baked Scoops 1 pkg  
Baked French Fries 1/4 c  
Fresh Broc & Cauliflower 1/4 c  
Applesauce 1/4 c  
Low Fat Milk 1/2 pt

WG Oven Fried Chicken 1 ea  
Macaroni & Cheese 1/4 c  
Green Beans 1/4 c  
Banana 1/4 c  
Low Fat Milk 1/2 pt

Yogurt & String Cheese 1 ea  
Goldfish Crackers 1 pkg  
Celery Sticks 1/4 c  
Apple Slices 1/2 c  
Low Fat Milk 1/2 pt

July / August							September							October							November							December											
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S					
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9	10	11	12	13	14	15	6	7	8	9	10	11	12	11	12	13	14	15	16	17						8	9	10	11	12	13	14	13	14	15	16	17	18	19
16	17	18	19	20	21	22	13	14	15	16	17	18	19	18	19	20	21	22	23	24						15	16	17	18	19	20	21	20	21	22	23	24	25	26
23	24	25	26	27	28	29	20	21	22	23	24	25	26	25	26	27	28	29	30	31						22	23	24	25	26	27	28	27	28	29	30	31		
30	31						27	28	29	30				29	30	31										29	30												

  

January							February							March							April							May											
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S					
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NEW ALBANY FLOYD COUNTY CONSOLIDATED SCHOOL CORPORATION

Food & Nutrition Department

WWW.NAFCSnutrition.com

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Menu subject to changes.