



A YUMMY OCTOBER MENU

Kids Academy Learning Center

875 Coral Ridge Dr. Coral Springs, FL 33071

Phone # (954)510-kids Fax # (954)510-2329

E-mail: kids-academy@att.net



Child's Name: _____ Classroom: _____

****Please specify if you would like Dominos or Yummy in My Tummy Pizza on Fridays. ****
Please indicate if you would like your child to receive milk with lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>2</p> <p>Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Tofu Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Low Fat Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>3</p> <p>Breakfast for Lunch-French Toast, Eggs, Fresh Fruit</p> <p>Pasta w/Turkey Bolognese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>4</p> <p>Picadillo, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>5</p> <p>Turkey Burger, Baked Tater Tots, Fresh Fruit</p> <p>Turkey Meatballs, Baked Tater Tots, Fresh Fruit</p> <p>Veggie Crumble Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>6</p> <p>Cuban Style Marinated Chicken Rice (Braised Chicken, Diced Tomatoes, Onions on top of Brown Rice) w/Mango Salsa, Black Beans, Fresh Fruit</p> <p>Cuban Style Marinated Chicken Sandwich w/Mango Salsa, Black Beans, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Yummy in My Tummy Cheese Pizza, Veggies & Dip, Fresh Fruit</p> <p>Yummy in My Tummy Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Dominos Cheese Pizza, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>Turkey Sandwich, Pretzels, Fresh Fruit</p> <p>Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit</p> <p>Turkey Wrap, Pretzels, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Pretzels, Fresh Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Vegetarian Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>Greek Salad, Pita Bread, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>9</p> <p>Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets Roasted Zucchini, Fresh Fruit</p> <p>Baked Tofu Nuggets, Roasted Zucchini, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>10</p> <p>Lean Beef Tacos, Rice & Beans, Fresh Fruit</p> <p>Veggie Crumble Tacos, Rice & Beans, Fresh Fruit</p> <p>Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>11</p> <p>Honey Soy Glazed Chicken w/Veggie Fried Rice, Sauteed Veggies, Fresh Fruit</p> <p>Honey Soy Glazed Tofu w/Veggie Fried Rice, Sauteed Veggies, Fresh Fruit</p> <p>Honey Soy Glazed Chicken Sandwich, Sauteed Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>12</p> <p>Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit</p> <p>Veggie Crumble Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit</p> <p>Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit</p> <p>Mac & Cheese, Roasted Sweet Peas, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>13</p> <p>Buffalo Chicken Hero, Baked Chips, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Yummy in My Tummy Cheese Pizza, Veggies & Dip, Fresh Fruit</p> <p>Yummy in My Tummy Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Dominos Cheese Pizza, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <p>_____</p> <p>_____</p>	<p>Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>Hummus & Roasted Veggie Sandwich, Baked Chips, Fresh Fruit</p> <p>Grilled Chicken & Swiss Sandwich, Baked Chips, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Baked Chips, Fresh Fruit</p> <p>Turkey & Swiss Wrap, Baked Chips, Fresh Fruit</p> <p>Turkey Wrap, Baked Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit</p> <p>Cobb Salad, Crackers, Fresh Fruit</p> <p>Meatless Cobb Salad, Crackers, Fruit</p> <p>Quinoa Salad w/Corn & Black Beans, Fresh Fruit</p> <p>Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit</p> <p>Bistro Pasta Salad, Fresh Baked Roll, Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
16 Pasta alla Rosa w/Chicken, Roasted Seasonal Veggies, Fresh Fruit Pasta alla Rosa, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	17 Lean Beef & Cheese Burrito, Black Beans, Baked Plantains, Fresh Fruit Cheese Burrito, Black Beans, Baked Plantains, Fresh Fruit Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options:	18 Baked Chicken Piccata, Roasted Rosemary Potatoes, Fresh Fruit Tofu, Roasted Rosemary Potatoes, Fresh Fruit Grilled Chicken Sandwich, Roasted Rosemary Potatoes, Fresh Fruit Grilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit Other Selection From Cold Options:	19 Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	20 Romesco Lean Beef Sandwich w/Provolone on Cuban Bread, Roasted Seasonal Veggies, Fresh Fruit Kosher-Style Romesco Lean Beef Sandwich on Cuban Bread, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Yummy in My Tummy Cheese Pizza, Veggies & Dip, Fresh Fruit Yummy in My Tummy Cheese Pizza, Veggie Chips, Fresh Fruit Dominos Cheese Pizza, Fresh Fruit Other Selection From Cold Options:	Turkey Sandwich, Baked Chips, Fresh Fruit Turkey & Swiss Sub, Baked Chips, Fruit Ham & Swiss Sub Sandwich, Baked Chips, Fresh Fruit Cheese Sandwich, Baked Chips, Fresh Fruit Grilled Chicken Wrap, Baked Chips, Fruit Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit Southwestern Salad, Tortilla Chips, Fruit Salad w/Bufalo Chicken & Buttermilk Dressing, Crackers, Fresh Fruit Spinach Salad w/Turkey Bacon, Crackers, Fresh Fruit Nicoise Salad, Fresh Fruit Summer Club Salad, Crackers, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fruit
23 Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	24 Lighter Butternut Squash Pasta Alfredo w/Chicken, Roasted Veggies, Fresh Fruit Lighter Butternut Squash Pasta Alfredo, Roasted Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit Breakfast for Lunch--Waffles, Eggs, Fresh Fruit Breakfast for Lunch--Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit Other Selection From Cold Options:	25 Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit Tofu, Baked Plantains, Brown Rice, Fresh Fruit Lean Beef Sloppy Joe's, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Baked Tater Tots, Fresh Fruit Other Selection From Cold Options:	26 Braised Chicken & Cheese Empanadas, Black Beans, Brown Rice, Fresh Fruit Cheese & Sauteed Veggie Empanadas, Black Beans, Brown Rice, Fresh Fruit Braised Chicken, Black Beans, Brown Rice, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	27 Reuben on Rye, Roasted Seasonal Veggies, Fresh Fruit Hot Corned Beef on Rye, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Yummy in My Tummy Cheese Pizza, Veggies & Dip, Fresh Fruit Yummy in My Tummy Cheese Pizza, Veggie Chips, Fresh Fruit Dominos Cheese Pizza, Fresh Fruit Other Selection From Cold Options:	Turkey Sandwich, Baked Chips, Fresh Fruit Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit Corned Beef Sandwich on Rye, Baked Chips, Fresh Fruit Ham & Cheese Sandwich, Baked Chips, Fresh Fruit MILD Buffalo Chicken Wrap, Baked Chips, Fresh Fruit Grilled Chicken Wrap, Baked Chips, Fresh Fruit Asian Chicken & Quinoa Salad, Fresh Fruit Asian Quinoa Salad, Fresh Fruit Farmer's Market Salad, Crackers, Fresh Fruit Farmer's Market Salad w/Chicken, Crackers, Fresh Fruit Grilled Chicken Caesar Salad, Fresh Fruit Caesar Salad, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit
30 Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit Penne Carbonera, Roasted Veggies, Fresh Fruit Penne Meatless Carbonera, Roasted Veggies, Fresh Fruit Penne w/Olive Oil, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	31 Chicken Caprese, Roasted Veggies, Roll, Fresh Fruit Chicken Caprese (w/o Cheese), Roasted Veggies, Fresh Fruit Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit Pasta w/Tomato Sauce, Roasted Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:				Turkey Sandwich, Pretzels, Fresh Fruit Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit Turkey Wrap, Pretzels, Fresh Fruit Turkey & Provolone Wrap, Pretzels, Fresh Fruit Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit Blueberries & Strawberries Salad w/Goat Cheese, Sunflower Seeds & Chicken, Fresh Fruit Blueberries & Strawberries Salad w/Goat Cheese & Sunflower Seeds, Fresh Fruit Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Vegetarian Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit Greek Salad, Pita Bread, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit

** Cost is \$5.50 for each meal **

Office Use :

of Meals: _____ Amount Paid: _____ Initials: _____

Credit Card: _____ Cash: _____ Check: _____