

Name: _____

Classroom: _____



A YUMMY AUGUST 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
www.kids-academy.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
July 31 st Lasagna, Roll, Veggie, Fresh Fruit Vegetable Lasagna, Roll, Veggie, Fresh Fruit	1 *Yummy in My Tummy Lunches Begin* Baked Fish Cakes, Cauliflower Crunch, Fresh Fruit Cheese Tortellini w/Tomato Sauce, Cauliflower Crunch, Fresh Fruit Cheese Tortellini w/Olive Oil, Cauliflower Crunch, Fresh Fruit Other Selection From Cold Options:	2 "Make Your Own Yummy..." Chicken Fajitas, Black Beans, Fresh Fruit "Make Your Own Yummy..." Tofu Fajitas, Black Beans, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	3 Roasted Herbed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit Roasted Tofu, Roasted Sweet Potato Fries, Roll, Fresh Fruit Turkey Po' Boy Sandwich, Sweet Potato Fries, Fresh Fruit Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options:	4 Chicken Gyro, Sauteed Peppers, Onions & Tomatoes, Fresh Fruit Tofu Fajitas, Sauteed Peppers, Onions & Tomatoes, Fresh Fruit Grilled Cheese, Sauteed Peppers, Onions & Tomatoes, Fresh Fruit Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit Cheese Pizza, Veggie Chips, 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 Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit Turkey Wrap, Pretzels, Fresh Fruit Turkey & Provolone Wrap, Pretzels, 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
7 Low Fat Chicken Alfredo w/Penne, Roasted Zucchini, Fresh Fruit Low Fat Penne Alfredo, Roasted Zucchini, Fresh Fruit Penne w/Olive Oil, Roasted Zucchini, Fresh Fruit Baked Chicken Nuggets Roasted Zucchini, Fresh Fruit Baked Tofu Nuggets, Roasted Zucchini, Fresh Fruit Other Selection From Cold Options:	8 Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit Cheese Enchiladas, Rice & Beans, Fresh Fruit Pasta w/Tomato Sauce, Roasted Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	9 Chicken w/Sauteed Mushroom Sauce, Roll, Roasted Veggies, Fresh Fruit Tofu (no sauce), Roll, Roasted Veggies, Fresh Fruit Grilled Chicken Sandwich, Baked Chips, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	10 Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit Veggie Crumble Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit Mac & Cheese, Roasted Sweet Peas, Fresh Fruit Other Selection From Cold Options:	11 Sesame Chicken, Roasted Carrots w/Sesame Ponzu Vinaigrette, Brown Rice, Fresh Fruit Sesame Tofu, Roasted Carrots w/Sesame Ponzu Vinaigrette, Brown Rice, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Other Selection From Cold Options:	Turkey Sandwich, Baked Chips, Fresh Fruit Hummus & Roasted Veggie Sandwich, Baked Chips, Fresh Fruit Grilled Chicken & Swiss Sandwich, Baked Chips, Fresh Fruit Grilled Chicken Sandwich, Baked Chips, Fresh Fruit Turkey & Swiss Wrap, Baked Chips, Fresh Fruit Turkey Wrap, Baked Chips, Fresh Fruit Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit Cobb Salad, Crackers, Fresh Fruit Meatless Cobb Salad, Crackers, Fruit Quinoa Salad w/Corn & Black Beans, Fresh Fruit Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit Bistro Pasta Salad, Fresh Baked Roll, 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK	
14 Pasta w/Turkey Bolognese Sauce, Roasted Veggies, Fresh Fruit Penne w/Olive Oil, Roasted Veggies, Fresh Fruit Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	15 Cheese Lasagna, Roasted Edamame, Garlic Bread, Fresh Fruit Pasta w/Olive Oil, Roasted Edamame, Garlic Bread, Fresh Fruit Breakfast for Lunch--Waffles, Eggs, Fresh Fruit Other Selection From Cold Options: _____ _____	16 Lean Beef Sloppy Joe's, Roasted Sweet Potato Wedges, Fresh Fruit Veggie Crumble Sandwich, Roasted Sweet Potato Wedges, Fresh Fruit Arroz con Pollo, Baked Plantains, Fresh Fruit Grilled Cheese, Roasted Sweet Potato Wedges, Fresh Fruit Other Selection From Cold Options: _____ _____	17 Garlic Chicken w/Caramelized Onions, Roasted Seasonal Veggies, Roll, Fresh Fruit Garlic Tofu w/Caramelized Onions, Roasted Seasonal Veggies, Roll, Fresh Fruit Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	<h1>Kids Academy is Closed for Back to School</h1>	18 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	
21 Pasta w/Low Fat Creamy Garlic Sauce, Roasted Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	22 Turkey & Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	23 Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit Tofu, Baked Plantains, Brown Rice, Fresh Fruit Grilled Cheese, Baked Tater Tots, Fresh Fruit Other Selection From Cold Options: _____ _____	24 Lean Beef Burger, Roasted Seasonal Veggies, Fresh Fruit Lean Beef Meatballs w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Veggie Burger, Roasted Seasonal Veggies, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____		25 Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit Grilled Chicken & Swiss Sandwich, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit Cheese Pizza, Veggie Chips, 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
28 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	29 Baked Fish Sticks, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Lean Beef & Eggplant Bolognese, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	30 Beef Sloppy Joe's, Roasted Potato Wedges, Fresh Fruit Veggie Crumble Sloppy Joe's, Roasted Potato Wedges, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	31 Chicken Paella, Black Beans, Baked Plantains, Fresh Fruit Marinated Sliced Chicken, Black Beans, Baked Plantains, Fresh Fruit Marinated Tofu, Black Beans, Baked Plantains, Fresh Fruit Mac & Cheese, Roasted Seasonal 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 each meal

Office Use :

of Meals: _____ Amount Paid: _____ Initials: _____

Credit Card: _____ Cash: _____ Check: _____