

A YUMMY NOVEMBER MENU

875 Coral Ridge Dr. Coral Springs, FL 33071

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

E-mail: kids-academy@att.net



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
		1 Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	2 Mojito Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit Mojito Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh Fruit Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	3 Grilled Cheese, Roasted Veggies, Fresh Fruit Lean Beef Burger, Roasted Veggies, Fresh Fruit Lean Beef Cheeseburger, Roasted Veggies, Fresh Fruit Veggie Burger, Roasted Veggies, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Cheese Pizza, Veggies & Dip, Fresh Fruit Dominos Pizza 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
6 Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	7 Breakfast for Lunch--Egg & Cheese Burrito, Roasted Potatoes, Fresh Fruit Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	8 Turkey & Cheese Enchiladas, Black Beans & Brown Rice, Fresh Fruit Cheese Enchiladas, Black Beans & Brown Rice, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	9 BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit BBQ Tofu, Baked Beans, Corn Bread, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____	10 Lean Beef & Cheese Nachos, Black Beans, Roasted Veggies, Fresh Fruit Cheese Nachos, Black Beans, Roasted Veggies, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Cheese Pizza, Veggies & Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Dominos Pizza 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
13 Pasta w/Tomato Sauce, 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:	14 Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit Roasted Tofu w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit Rigatoni Genovese, Roasted Veggies, Fresh Fruit Rigatoni w/Olive Oil, Roasted Veggies, Fresh Fruit Other Selection From Cold Options:	15 Arroz con Pollo, Baked Plantains, Fresh Fruit Marinated Chicken, Baked Plantains, Brown Rice, Fresh Fruit Marinated Tofu, Baked Plantains, Brown Rice, Fresh Fruit Carne Guisada (Braised Beef), Brown Rice, Baked Plantains, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options:	16 Lean Beef Burgers, Roasted Veggies, Fresh Fruit Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit Veggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options:	17 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 Grilled Cheese, Roasted Potato Wedges, Fresh Fruit Cheese Pizza, Veggies & Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Dominos Pizza 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
20 Cooked by Kids Academy (Not Yummy In My Tummy) Thanksgiving Turkey Feast Tofu Turkey, Mashed Potatoes, Gravy, Veggie, Roll, Dessert	21 Lean Beef Tacos, Brown Rice & Black Beans, Fresh Fruit Veggie Crumble Tacos, Brown Rice & Black Beans, Fresh Fruit Cheese Ravioli w/Tomato Sauce, Roasted Veggies, Fresh Fruit Cheese Ravioli w/Olive Oil, Roasted Tomatoes, Fresh Fruit Other Selection From Cold Options:	22 Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit Sweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit Grilled Cheese, Steamed Edamame, Fresh Fruit Other Selection From Cold Options:	23 Kids Academy CLOSED Happy Thanksgiving 	24 Kids Academy CLOSED	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
27 Pasta w/Beef Tips & Mushroom 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:	28 Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh Fruit Maple Mustard Glazed Tofu, Roasted Veggies, Roll, Fresh Fruit Maple Mustard Glazed Turkey Po' Boy, 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:	29 "Make Your Own Yummy..." Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit "Make Your Own Yummy..." Tofu Fajitas, Brown Rice, Black Beans, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options:	30 Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh Fruit Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh Fruit Mac & Cheese, Roasted Veggies, 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

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

Office Use : # of Meals: _____ Amount Paid: _____ Initials: _____ Credit Card: _____ Cash: _____ Check: _____