



Kids Cafe Sample Menu



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast for Dinner	Vegetarian Paella	English Muffin Pizza	Beef & Broccoli Lo Mein	Roasted Tomato Soup
Whole Wheat French Toast Sticks with Turkey Bacon	Vegetarian Rice Mix with Tofu, Zucchini, Peppers, Mushrooms and Black Beans	English Muffin topped with Mozzarella Cheese, Tomato Sauce and Turkey Pepperoni	Seasoned Beef Strips mixed with peppers over Noodles	Roasted Tomato Soup served with Mozzarella Cheese Sticks and Goldfish Crackers
Hash Browns		Garden Salad	Broccoli Florets	
Peach Slices	Pineapple Tidbits	Fresh Apple	Fresh Orange	Fresh Apple
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken	Picadillo	Chicken Couscous Casserole	Spaghetti & Meatballs	Chicken Tenders
Baked Chicken with BBQ Sauce served with a Corn Muffin	Seasoned Ground Beef over Yellow Rice	Diced Chicken mixed with Couscous, Tomatoes, Zucchini and Parmesan Cheese	Beef Meatballs topped over Enriched Spaghetti with Tomato Sauce	Crispy Chicken Tenders served with Macaroni & Cheese
Mixed Vegetables	Corn		Green Beans	Green Peas
Applesauce	Fruit Cocktail	Peaches	Fresh Apple	Pear Slices
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

*****The Kids Cafe Program also offers an alternative menu for programs who are unable to cook and serve hot meals. Menu items consist of sandwiches, yogurt, hummus with tortilla chips, etc.*****