

# WE FEED GROWING BODIES – AND GROWING MINDS

Our in-house chef plans well-balanced and satisfying meals and snacks to fuel children throughout the day. Lunch always includes a meatless option, and because we are conscious of food allergies, the Cumming Kids 'R' Kids Learning Academy is a nut-free school.

Meals are prepared on-site daily and feature fresh or flash-frozen vegetables, salads, and fresh fruit, along with protein and carbohydrates for energy. Unlike other schools or daycare centers, we provide three snacks each day: one in the morning and two in the afternoon.

The sample menu below will give you an idea of the variety and quality of foods we serve your child.



## Cafeteria Menu

### SAMPLE MENU

#### Monday

Breakfast: French Toast, Fruit and Milk  
Morning Snack: Fresh Cantaloupe, Crackers and Water  
Lunch: Macaroni and Cheese, Peas, Pears and Milk  
Vegetarian: Macaroni and Cheese, Peas, Pears and Milk  
Afternoon Snack: Wheat Thins, Carrot Sticks, Ranch and Water

#### Tuesday

Breakfast: Waffles, Fruit and Milk  
Morning Snack: Goldfish and Milk  
Lunch: Chicken Nuggets, Mixed Veggies, Peaches and Milk  
Vegetarian: Boca Nuggets, Mixed Veggies and Peaches and Milk  
Afternoon Snack: Graham Crackers, Sliced Apples and Water

#### Wednesday

Breakfast: Pancakes, Fruit and Milk  
Morning Snack: Fig Bars and Milk  
Lunch: Cheese Quesadillas, Green Beans, Oranges and Milk  
Vegetarian: Cheese Quesadillas, Green Beans, Oranges and Milk  
Afternoon Snack: Warm Pretzels with Honey Mustard and Water

#### Thursday

Breakfast: Bagels with Cream Cheese, Fruit and Milk  
Morning Snack: Vanilla Yogurt, Vanilla Wafers and Water  
Lunch: Chicken Pot Pie, Pineapple, and Milk  
Vegetarian: Cheesy Pot Pie, Corn, Pineapple, and Milk  
Afternoon Snack: Chocolate Pudding, Animal Crackers, and Water

#### Friday

Breakfast: Assorted Cereals, Fruit and Milk  
Morning Snack: Veggie Straws and Milk  
Lunch: Grilled Cheese & Tomato Soup, mixed veggies and Milk  
Vegetarian: Grilled Cheese & Tomato Soup, mixed veggies and Milk  
Afternoon Snack: Bananas, Crackers and Water