

MONDAY

Morning Snack

Brown rice porridge w/apples,
cinnamon & brown sugar Water

Lunch

Spaghetti w/Tofu Marinara
Garden Salad w/Italian Dressing*
Fruit Salad w/Mandarin Oranges,
Pineapple, & Bananas Milk

Afternoon Snack

Banana Bread
Warm Spiced Apple Cider Water

Evening Snack

Baby Carrots** & Herbed Cheese Dip Water

Vegetarian

Meals & Snacks are vegetarian.

Toddler Substitutions

*Replace w/Green Beans

**Carrots are steamed.

TUESDAY

Morning Snack

Bananas & Vanilla Yogurt Water

Lunch

Bowtie Pasta Salad w/Chicken*,
Cheddar Cheese, Red Peppers, & Black
Olives
Mandarin Oranges Milk

Afternoon Snack

Cheddar Cheese Slices & Pretzels** Water

Evening Snack

Apple Slices*** Milk

Vegetarian

*Replace w/Garbanzo Beans

Toddler Substitutions

**Replace w/Saltine Crackers

***Apple Slices are served without peel.

WEDNESDAY

Morning Snack

Zucchini Bread Milk

Lunch

Tuscan Chicken w/White Beans,
Tomatoes, & Orzo Milk

Afternoon Snack

Pita Chips** w/Tzatziki Sauce Water

Evening Snack

Fruit Salad Milk

Vegetarian

*Omit Chicken

Toddler Substitutions

**Replace w/Pita Bread

THURSDAY

Morning Snack

Crispix Cereal Milk

Lunch

Sun Butter & Honey Sandwich on
Whole Wheat Bread
Three Bean Salad
Pears Milk

Afternoon Snack

Animal Crackers & Pineapple Water

Evening Snack

Broccoli* & Zesty Caesar Dip Milk

Vegetarian

Meals & Snacks are vegetarian.

Toddler Substitutions

*Broccoli is steamed.

FRIDAY

Morning Snack

Hot Millet Cereal w/Craisins, Vanilla,
& Brown Sugar Milk

Lunch

Curly-Q Pasta w/Garbanzo Beans,
Marinara, & Parmesan Cheese
Green Salad* w/Creamy Italian
Dressing
Pineapple Milk

Afternoon Snack

Pumpkin Muffins Milk

Evening Snack

Applesauce Milk

Vegetarian

Meals & Snacks are vegetarian

Toddler Substitutions

*Replace w/Garden Peas

ADVENTURES IN HEALTHY EATING

Encouraging Healthy Snacking

1. Involve your child in snack planning.
Create a list from all 5 food groups.
2. Keep snacks at eye level.
3. Pack kids' bags with healthy grab-n-go snacks.
4. Have kids eat a rainbow of fruits & veggies.
Make it a game.
5. Make faces with food for fun.
6. Provide a plate of healthy snacks for kids doing
homework in the afternoon.
7. Feed kids fresh veggies & fruits for a pre-dinner
snack. They won't spoil their appetite and will get
great nutrition.
8. Serve fruits & veggies with dip. Yogurt and low-fat
cream cheese are good choices.
9. Keep healthy snacks in the car for times you are
stuck in a jam.
10. Let kids know food is fuel for play and that healthy
snacks provide that energy best.

RECIPE OF THE WEEK

Cinnamon Cream Cheese Fruit Dip

*8 oz cream cheese**
*1/4 C sour cream**
2 T brown sugar
1 tsp vanilla extract
*2 tsp ground cinnamon***

Directions:

Blend all ingredients together until smooth.

Adjust sweetness and flavoring to taste.

Serve with fresh fruit: apple slices, bananas, pear slices, strawberries, or melon.

*Dairy products may be whole or low-fat, based on your preferences.

**Omit cinnamon to make vanilla fruit dip



THE KIRKLAND
CHILDREN'S SCHOOL
IS PROUD TO PRESENT
A NUTRITION
PROGRAM THAT
INCORPORATES
ETHNIC, TRADITIONAL,
AND NONTRADITIONAL
MEALS WITH A FOCUS
ON DEVELOPING
HEALTH AND LIFE
LONG WELL-BEING.

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MENU



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**LOCATIONS IN KIRKLAND, BELLEVUE,
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