

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 4-1-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Yogurt Parfait w/Blueberries Milk	Cereal Milk	Pancake Bacon Milk	Blueberry Muffins Milk
Lunch	Chicken Patties Peas Peaches Milk	BBQ Chicken Sandwich Green Beans Pineapple Milk	Turkey and Cheese on crackers (lunchable) Mixed Veggies Fresh Fruit Milk	Chicken Tenders Carrots Mixed Fruit Milk	Ham and Cheese Sandwich Corn Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers Water	Cheez It Fruit	Ritz/ w Cheese Water	Vanilla Wafers Water

All Juice is 100 % fruit.

Milk- Fat Free or 2%

Fresh Fruit choices- oranges, bananas, sliced apples, melons, blueberries, pears or mixed fruit, Seasonal Fruit

Bread and Pasta- Whole grain options will be used whenever possible.

All cheese- to be unprocessed and low fat.

Whole grain to be included daily whenever possible.

Hydrogenated / Partially hydrogenated vegetable oils are never to be used.

Avoid fried versions of fish sticks, chicken nuggets and french fries.

Due to supply chain issues certain food items may need to be substituted