


KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Week of: 9/4/23	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Oatmeal and Apples Milk	Breakfast Sandwich Bananas Milk	CLOSED FOR THANKGIVING	CLOSED FOR THANKGIVING
Lunch	BBQ Chicken Sandwich Corn Fresh Fruit Milk	Chicken Teriyaki with Stir Fried Vegetables Pineapple Milk	Macaroni & Cheese Carrots Fresh Fruit Milk		
PM Snack	Goldfish Fruit Water	Graham Crackers Juice	Cheez It Water	CLOSED FOR THANKGIVING	CLOSED FOR THANKGIVING

Key recommendations:

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.