

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 1-20-2025	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Waffles Milk	Cereal Fruit Milk	Biscuits & Gravy Milk	Bagel w/ Jelly & Cream Cheese Fruit Milk	Cereal Fruit Milk
Lunch	Macaroni & Cheese w/ Meat  Mixed Vegetables  Fresh Fruit  Milk	Chicken Nuggets  Carrots  Mixed Fruit  Milk	Grilled Cheese  Tomato Soup  Peaches  Milk	Chicken & Rice  Peas  Fresh Fruit  Milk	Fish Sticks  Green Beans  Fresh Fruit  Milk
PM Snack	Goldfish Fresh Fruit	Graham Crackers	Cheez It Fresh Fruit	Ritz w/ Cheese	Vanilla Wafers Fresh Fruit

Milk- Whole for children under 2, Fat Free or 2% for children over 2 years old

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.