

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 1-27-2025	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Oatmeal & Apples Milk	Breakfast Sandwich Bananas Milk	Cereal Milk	Waffles Blueberries Milk
Lunch	BBQ Chicken Sandwich Corn Fresh Fruit Milk	Chicken Teriyaki Stir Fried Vegetables Pineapple Milk	Macaroni & Cheese Carrots Fresh Fruit Milk	Beef, Cheese & Tomato Nachos Mixed Fruit Milk	Chicken Tenders Green Beans Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers	Cheez It	Ritz & Cheese Fruit	Vanilla Wafers

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 is 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.