

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 1-6-2025	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagel w/ Cream Cheese Strawberries Milk	Cereal Milk	French Toast Fruit Milk	Cereal Milk	Muffins Bananas Milk
Lunch	Beans & Rice Green Beans Fresh Fruit Milk	Chicken & Cheese Quesadillas Carrots Mixed Fruit Milk	Mashed Potatoes w/ Beef & Vegetables Pears Milk	Penne & Meatballs Peas Fresh Fruit Milk	BBQ Chicken Sandwich Mixed Vegetables Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers w/ Jelly	Cheez-It	Ritz w/ Cheese Fruit	Vanilla Wafers

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.