

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 10-21-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Pancake Milk	Bagel cream cheese w/ jelly Milk	Cereal Milk	Yogurt Blueberry Water
Lunch	Chicken Tenders Carrots Mixed Fruit Milk	Pizza Bake Beans Pineapple Milk	Fish Sticks Pinto Beans Fresh Fruit Milk	Turkey and Cheese on crackers (lunchable) Peas Peaches Milk	Shepherd Pie Mixed Veggies Pears Milk
PM Snack	Goldfish Water	Graham Crackers Fruit	Cheez It Fruit	Ritz/Cheese Water	Vanilla Wafers Fruit

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.