

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 12-16-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pancakes Milk	Cereal Fruit Milk	Hash Browns Eggs & Cheese Milk	Bagel w/ Jelly & Cream Cheese Fruit Milk	Cereal Fruit Milk
Lunch	Macaroni & Cheese w/ Meat Mixed Vegetables Fresh Fruit Milk	Chicken Nuggets Carrots Fresh Fruit Milk	Chicken Alfredo Mixed Vegetables Peaches Milk	Tacos French Fries Tomatoes Mixed Fruit Milk	Fish Sticks Green Beans Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers	Cheez-It Fruit	Ritz w/ Cheese	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.