

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Week of: Menu c 2-26-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagels with Cream Cheese Strawberries Milk	Cereal Milk	Breakfast Sandwiches Fruit Milk	Cereal Milk	Muffins Fruit Milk
Lunch	Beans and Rice  Green Beans  Fresh Fruit  Milk	Beef & Mashed Potatoes with Mixed Vegetables  Pears  Milk	Cheese Quesadilla  Mixed Vegetables  Mixed Fruit  Milk	Penne & Meatballs  Peas  Fresh Fruit  Milk	BBQ Chicken Sandwich  Carrots  Fresh Fruit  Milk
PM Snack	Goldfish  Fruit	Graham Crackers with Jelly	Cheez-It	Ritz with 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.