

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 12-30-2024	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Breakfast Sandwich Milk	Oatmeal & Apples Milk	CLOSED FOR NEW YEARS	Cereal Fruit 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	Chicken Tenders Green Beans Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers	CLOSED FOR NEW YEARS	Vanilla Wafers	Ritz & Cheese Fruit

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.