

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 12-9-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Yogurt Parfait w/ Blueberries Milk	Hash Browns Eggs & Cheese Fruit Milk	Cereal Milk	Biscuits & Gravy Milk
Lunch	Baked Chicken & Rice with Vegetables Fresh Fruit Milk	Chicken & Bow Ties Green Beans Pineapple Milk	Fettuccine Alfredo Mixed Vegetables Fresh Fruit Milk	Taco Fries Tomatoes Mixed Fruit Milk	Chicken Patties Corn Pineapple Milk
PM Snack	Goldfish Fruit	Graham Crackers	Cheez-It	Ritz Fruit	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.