

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

### Kiddie Academy of Lakewood Ranch

| Menu<br>Week of:<br>2-3-2025 | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|------------------------------|---|--|---|---|---|
| AM Snack                     | Bagel w/ Jelly<br>& Cream<br>Cheese<br>Strawberries<br>Milk | Cereal<br>Milk   | French Toast<br>Fruit<br>Milk                                     | Cereal<br>Milk                                      | Muffins<br>Bananas<br>Milk                                    |
| Lunch                        | Beans & Rice<br>Green Beans<br>Fresh Fruit<br>Milk          | Chicken &<br>Cheese<br>Quesadillas<br>Carrots<br>Fresh Fruit<br>Milk | Mashed Potatoes<br>& Beef w/<br>Mixed Vegetables<br>Pears<br>Milk | Penne &<br>Meatballs<br>Peas<br>Fresh Fruit<br>Milk | Chicken Nuggets<br>Mixed<br>Vegetables<br>Fresh Fruit<br>Milk |
| PM Snack                     | Goldfish<br>Fruit   | Graham Crackers<br>Jelly   | Cheez-It  | Ritz w/ Cheese<br>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.