


KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 7-15-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Oatmeal Milk	French Toast Strawberries Milk	Cereal Milk	Waffles Milk
Lunch	Chicken Nuggets Carrots Fresh Fruit Milk	Taco Fries Tomatoes Mixed Fruit Milk	Rice and Beans Mixed Veggies Pears Milk	Hamburger Peas Peaches Milk	Chicken Patty Sandwich Mashed Potatoes Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers Water	Ritz with Cheese Water		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.