

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 7-8-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Breakfast Sandwich  Milk	Cereal  Milk	Pancakes  Milk	Cereal  Milk	Blueberry Muffins  Water
Lunch	Chicken Teriyaki W/Veggies  Fresh Fruit  Milk	Beef, Cheese, and Tomato Nachos  Pineapple  Milk	Macaroni & Cheese w/ meat  Green Beans  Pears  Milk	Turkey and Cheese on crackers (Lunchable)  Peas  Mixed Fruit  Milk	Chicken Tenders  Corn  Fresh Fruit  Milk
PM Snack	Goldfish  Water	Graham Crackers  Fresh Fruit	Cheez-It  Water	Ritz  Fresh Fruit	Vanilla Wafers  Water

### 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.