

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 9-16-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagels with Cream Cheese And Jelly  Milk	Cereal  Milk	Waffles  Milk	Cereal  Milk	Muffins  Milk
Lunch	Ravioli  Green Beans  Fresh Fruit  Milk	Ham and cheese on cracker (Lunchables)  Corn  Mixed Fruit  Milk	National Cheeseburger Day   Mixed Veggies  Pineapple  Milk	Penne and Meatballs  Peas  Fresh Fruit  Milk	BBQ Chicken Sandwich  Bake Beans  Pears  Milk
PM Snack	Goldfish  Water	Graham Crackers  Fruit	Cheez-It  Fruit	Ritz  Fruit	Vanilla Wafers  Water

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.