

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 11-18-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Waffles Fruit Milk	Hash Browns Eggs & Cheese Milk	Cereal Fruit Milk	Yogurt Blueberries Milk
Lunch	Taco Fries Tomatoes Fresh Fruit Milk	Chicken and Penne Green Beans Pineapple Milk	Beef and Rice Peas Fresh Fruit Milk	Chicken Nuggets Carrots Mixed Fruit Milk	<u>Friendsgiving Feast</u> Turkey Mashed Potatoes Gravy Corn Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers	Cheez It Fruit	Vanilla Wafers	Apple Pie

Milk- Whole for children under 2, Fat Free or 2% for children over 2 years old

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.