

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 6-24-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pancake Blueberry Milk	Yogurt Parfait w/Peaches Water	Biscuits and Gravy Milk	Cereal Milk	Oatmeal Apples Milk
Lunch	Mac and Cheese w/ Veggies Fresh Fruit Milk	Meatball and Bow Ties Carrots Pears Milk	Rice and Meat w/Veggies Fresh Fruit Milk	Fish Sticks Peas Pineapple Milk	Sloppy Joe Sandwich Corn Mixed Fruit Milk
PM Snack	Goldfish Water	Graham Crackers Water	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.