

# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 9-9-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Oatmeal Milk	Cereal Milk	French Toast Milk	Yogurt Blueberry Milk	Cereal Milk
Lunch	Chicken and Rice Pinto Beans Fresh Fruit Milk	Beef and Bow Tie Soup w/Veggies Mixed Fruit Milk	Fettuccine Alfredo w/ Veggies Oranges Milk	Chicken Nuggets Peas Peaches Milk	Pizza Carrots Pears Milk
PM Snack	Goldfish Fruit	Graham Crackers Fruit	Cheez-It 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.