


# KIDDIE ACADEMY<sup>SM</sup>

## EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 4-8-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Biscuits and Gravy Milk	Pancakes and Turkey Sausage Milk	Cereal Milk	Bagel w/ Jelly or Cream Cheese Milk
Lunch	Macaroni and Meatball Corn Fresh Fruit Milk	Taco Fries/w tomatoes Pineapple Milk	Fish Sticks Green Beans Fresh Fruit Milk	Mashed and Beef Mixed Veggies Mixed Fruit Milk	Grilled Cheese Sandwich  HAPPY Grilled Cheese Sandwich DAY! Carrots Fresh Fruit Milk
PM Snack	Goldfish Fruit	Graham Crackers Fruit	Cheez It Fruit	Ritz Fruit	Vanilla Wafers Fruit

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.