

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 6-10-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Bagels w/ Cream Cheese Milk	Cereal Milk	Yogurt and Blueberries Milk	Blueberry Muffins Milk
Lunch	Chicken Soup w/ Veggies Fresh Fruit Milk	Beef and Cheese Nachos Peaches Milk	Chicken Alfredo w/ Veggies Fresh Fruit Milk	Rice and Beans Carrots Mixed Fruit Milk	Pizza Corn Fresh Fruit Milk
PM Snack	Goldfish Water	Graham Crackers Water	Cheez-It Water	Ritz Fresh Fruit	Vanilla Wafers Water

Key recommendations:

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 is 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.