

KIDDIE ACADEMYSM

EDUCATIONAL CHILD CARE

Kiddie Academy of Lakewood Ranch

Menu Week of: 7-1-24	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Milk	Bagel w/ Jelly or Cream Cheese Milk	Waffles Bacon Milk	Happy 4 th of July School Closed	Cereal Milk
Lunch	Fettuccine Alfredo /w Veggies Fresh Fruit Milk	Chicken and Cheese Quesadilla Mixed Veggies Mixed Fruit Milk	Ham and Cheese on cracker (Lunchable) Corn Peaches Milk		BBQ Chicken and Mashed Carrots Fresh Fruit Milk
PM Snack	Goldfish Fresh Fruit	Graham Crackers Water	Cheez It Fresh Fruit	School Closed	Vanilla Wafers Water

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.