

Reason # **4** Our Nutrition Program



We believe that fast food actually slows a child's learning development. Our Ladybird Academy Nutritional program ensures your child receives fresh balanced and nutritious meals every day. Our multicultural menu is served in **"The Ladybird Cafe"** a sit down family style setting where our food is prepared by a chef qualified in food handling. This ensures that all health and safety regulations are followed. Rest assured at Ladybird Academy your child will get all the nutrition they need for a healthy body and healthy mind.

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Continental Breakfast Turkey, White Seasoned Rice & Carrots Fruit Salad Ice Cold Milk Chopped Bananas	Key Lime Pie Yogurt Parfait Chicken Nuggets, Tator Tots & Corn Fresh Oranges Ice Cold Milk Sliced Apples	Continental Breakfast Turkey Hotdog with Carrot Sticks Sliced Peaches Ice Cold Milk Grapes	Vanilla Yogurt Parfait Spaghetti & Meatballs Pineapple Tidbits Ice Cold Milk Fresh Oranges	Continental Breakfast Fish Sticks, Potato Fries & Peas Apple Sauce Ice Cold Milk Melon
Continental Breakfast Chili Rice & Green Beans Fruit Salad Ice Cold Milk Grapes	Mixed Berry Yogurt Parfait Low Fat Mozzarella Cheese Pizza, Potato Fries & Peas Apple Sauce Ice Cold Milk Fresh Oranges	Continental Breakfast All Beef Hamburger & Corn Pineapple Tidbits Ice Cold Milk Chopped Bananas	Key Lime Pie Yogurt Parfait Macaroni Cheese & Broccoli Sliced Peaches Ice Cold Milk Melon	Continental Breakfast Chicken Corn Dogs & Carrot Sticks Diced Peas Ice Cold Milk Sliced Apples
Continental Breakfast Breaded Fish Stars, Tator Tots & Mixed Vegetables Diced Peas Ice Cold Milk Vanilla Wafers	Vanilla Yogurt Parfait Macaroni Cheese & Broccoli Apple Sauce Ice Cold Milk Animal Crackers	Continental Breakfast Turkey Hotdogs with Carrot Sticks Fresh Oranges Ice Cold Milk Pretzels	Mixed Berry Yogurt Parfait Chicken Nuggets, Peas & Potato Fries Sliced Peaches Ice Cold Milk Gold Fish Crackers	Continental Breakfast Chili Rice & Green Beans Fresh Pineapples Ice Cold Milk Cookies
Continental Breakfast Low Fat Mozzarella Cheese Pizza, Potato Fries & Peas Mixed Fruit Ice Cold Milk Graham Crackers	Key Lime Pie Yogurt Parfait Diced Chicken Breast with Seasoned Yellow Rice & Corn Sliced Peaches Ice Cold Milk Animal Crackers	Continental Breakfast Spaghetti and Meatballs Diced Peas Ice Cold Milk Pretzels	Mixed Berry Yogurt Parfait Plump Low Fat Chicken Corn Dogs & Carrot Sticks Apple Sauce Ice Cold Milk Cheese Crackers	Continental Breakfast Grilled Cheese Sandwich & Potato Chips Orange Slices Ice Cold Milk Cookies

* Daily Continental breakfast may consist of the following: pancakes, waffles, French toast, variety of breads, English muffins, bagels, cereals, cheese or yogurt.
* Fresh fruit, milk, juice & water provided for all age groups throughout the day.