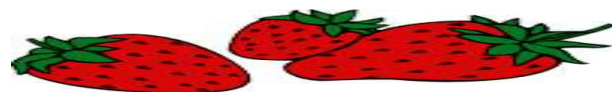




The Kiddie Garden Weekly Menu



Week of: Aug. 14 – 18, 2017

Prepared by: Mrs. Farshori

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Cheerios 1% Milk	French Toast 1% Milk	Rice Krispies 1% Milk	Waffles 1% Milk	Corn Flakes 1% Milk
Lunch	Pasta Broccoli Pear 1% Milk	Chicken Quesadilla Beans Mellon 1% Milk	Spaghetti Cauliflower Peach 1% Milk	Grilled Cheese Sandwich Peas Water Melon 1% Milk	Cheese Ravioli Mixed Veggie Apples 1% Milk
P.M Snacks	Pretzels Fruit Juice	Sweet Potato Fruit Juice	Saltine Cracker Fruit Juice	Cheese It Fruit Juice	Gold Fish Fruit Juice
Calories: Item (size) = Calories	1% Milk (¼ Cup) = 113, Corn Flakes Cereal (1/3 Cup) = 33, French Toast (3 Pcs.) = 320, Waffles (1) = 212, Vegetables (½ Cup) = Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Pasta (-) = 360, Chicken Quesadilla (1 Oz.) = 75, Spaghetti W/Sauce (1 Serv.) = 300, Grilled Cheese Sandwich (1) = 390, Ravioli Cheese (-) = 250, Pretzels (½ Cup) = 110, Animal Crackers (10) = 130, Saltine Crackers (4 Oz.) = 120, Cheese It (20 Pcs.) = 150, Gold Fish (25 Pcs.) = 70.				

Note: Kiddie Garden menu is changed every week. We prepare all meals in-house using fresh vegetables and fruits. The nutrition guidelines are based on the Maryland State Department of Education Child and Adult Care Food Program (CACFP). Our meals meet the USDA requirements of balanced diet for young children (1 - 12 years).