



The Kiddie Garden Weekly



Week of: Aug. 7 - 11, 2017

Prepared by: Mrs. Farshori

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snacks	Raisin Bran 1% Milk	Cheerios 1% Milk	Corn Flakes 1% Milk	Bread & Butter 1% Milk	Rice Krispies Milk
Lunch	Turkey Wrap Beans Banana 1% Milk	Spaghetti Mixed Veggies Watermelon 1% Milk	Hot Dog On Bun Broccoli Peach 1% Milk	Macaroni Peas Orange 1% Milk	Turkey Sandwich Corn Fruit salad 1% Milk
P.M. Snacks	Club Crackers Fruit Juice	Corn Chips & Salsa Fruit Juice	Pretzels Fruit Juice	Goldfish Fruit Juice	Veggie Chips Fruit Juice
Calories: Item (Size) = Calories	1% Milk (¼ Cup) = 113, Cheerios (½ Cup) = 100, Toast & Jelly (1 Pcs.) = 130, Vegetables (½ Cup) = 59, Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Turkey Wrap (1) = 230, Spaghetti W/Sauce (1 Serv.) = 300, Hot Dog On Bun = 290, Macaroni & Cheese (½ Cup) = 165, Turkey Sandwich (1) = 263, Club Cracker (4) = 70, Corn Chips & Salsa =(1 Oz.) = 160, Pretzels (½ Cup) = 120, Gold Fish (25 Pcs.) = 70, Veggie Chips (1 Oz.) = 140.				

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 a balanced diet for young children (1 - 12 years).