



The Kiddie Garden Weekly Menu



Week of: Dec. 4 - 8, 2017

Prepared by: Mrs. Farshori

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Cheerios 1% Milk	Oatmeal Pie 1% Milk	Rice Krispies 1% Milk	Waffle 1% Milk	Corn Flakes 1% Milk
Lunch	Pasta Beans Banana 1% Milk	Meatballs Sandwich Peas Mixed Fruit 1% Milk	Cheese Pizza Mixed Veggies Mellon Water	Chicken Wrap Carrots Apples 1% Milk	Spaghetti Corn Orange 1% Milk
P.M Snacks	Cheese Balls Fruit Juice	Saltine Crackers Fruit Juice	Corn Chips & Salsa 1% Milk	Club Crackers Fruit Juice	Ritz Crackers Fruit Juice
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Cereal (1/3 Cup) = 33 – 50, Oatmeal Pie (1) = 210, Mixed Vegetables (½ Cup) = 59, Fruits (½ Cup) = 49, Fruit Juice (½ Cup) = 60, Pasta (1 Serv.) = 260, Meatball (1 Sandwich) = 438, Cheese Pizza (1 Pcs.) = 90, Spaghetti (1 Serv.) =, Cheese Balls (12) = 90, Saltine Crackers (4 Oz.) = 120, Corn Chips & Salsa =(1 Oz.) =160, Club Crackers (10) = 130, Ritz Crackers (5) = 75.				

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).