




The Kiddie Garden Weekly Menu



Week of: Jan 15 - 19, 2018



Prepared by: Mrs. Farshori

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|---|
| A.M Snacks | Center Closed | Bagel & Jelly 1% Milk | Rice Krispies 1% Milk | Toast Butter 1% Milk | Cheerios 1% Milk |
| Lunch | MLK Poem Generator  | Mac & Cheese Beans Pears 1% Milk | Hotdog On Bun Carrot Grapes 1% Milk | Spaghetti Mixed Veggies Orange 1% Milk | Rotisserie Chicken Sweet Potato Apples 1% Milk |
| P.M Snacks | Center Closed | Club Cracker Fruit Juice | Corn Chips & Salsa Fruit Juice | Chocolate Cookies Fruit Juice | Saltine Cracker Fruit Juice |
| Calories: Item (size) = Calories | 1% Milk (¾ Cup) = 113, Corn Flakes Cereal (1/3 Cup) = 33, French Toast (3 Pcs) = 320, Vegetables (½ Cup) = 55, Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Turkey Sandwich (1) = 290, Macaroni & Cheese (½ Cup) = 165, Hot Dog On Bun (1 Serv.) = 290, Spaghetti W/Sauce (1 Serv.) = 300, Chicken (4 Oz.) = 192, Pretzels (½ Cup) = 60, Club Cracker (4) = 70, Corn Chips & Salsa (1 Oz.) = 160, Chips Ahoy (2 Pcs.) = 160, Saltine Crackers (4 Oz.) = 120. | | | | |

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).