



The Kiddie Garden Weekly Menu



Week of: Mar. 12 – 16, 2018

Prepared by: Mrs. Farshori

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Cornflakes 1% Milk	Blue Berry Muffin 1% Milk	Rice Krispies 1% Milk	Waffles & Syrup 1% Milk	Cheerios 1% Milk
Lunch	Cheese Ravioli Broccoli Water Melon 1% Milk	Hot Dog On Bun Green Bean Banana 1% Milk	Ramen Noodles Mixed Veggies Oranges Water	Turkey Sandwich Corn Apple 1% Milk	Pasta Peas Pears 1% Milk
P.M Snacks	Ritz Cracker Fruit Juice	Vanilla Cake Fruit Juice	Pretzels Fruit Juice	Cheez It Fruit Juice	Corn Chips & Salsa Fruit Juice
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Mini Muffin (3) = 174, Waffles (1) = 212, Vegetables (½ Cup) = 59, Hot Dog On Bun (1 Serv.) = 290, Cheese Ravioli (1 Serv.) = 280, Hot Dog On Bun (1 Serv.) = 290, Ramen Noodles (½ Cup) = 105, Turkey Sandwich (1) = 290, Pasta (4 Oz.) = 182, Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Ritz Crackers (10 Pcs.) = 150, Vanilla Cake (2 Pcs.) = 240, Pretzels (½ Cup) = 120, Cheez It (20 Pcs.) = 150, Apple Sauce (½ Cup) = 90.				

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).