



The Kiddie Garden Weekly Menu



Week of: May 22 – 26, 2017

Prepared by: Mrs. Farshori

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Cheerios 1% Milk	Muffin 1%Milk	Rice Krispies 1%Milk	Bagel & Jelly 1%Milk	Cornflakes 1%Milk
Lunch	Hotdog On Bun Peas Banana 1% Milk	Turkey Sandwich Corn Pear 1% Milk	Macaroni & Cheese Carrots Water Mellon Water	Rotisserie Chicken Peas Apple 1% Milk	Pasta Beans Mellon 1% Milk
P.M Snacks	Chex Mix Fruit Juice	Chocolate Cookies Fruit Juice	Apple Sauce Fruit Juice	Carrot & Ranch Dressing Fruit Juice	Saltine Cracker Fruit Juice
Calories: Item (Size) = Calories	1% Milk (¾ Cup) = 113, Cereal (1/3 Cup) = 33 – 50, Mini Muffin (3) = 174, Bagel & Jelly (1+1 Tsp.) = 160, Vegetables (½ Cup) = 59, Fruits (½ Cup) = 49, Fruit Juice (½ Cup) = 60, Hot Dog On Bun (1 Serv.) = 290, Turkey Sandwich (1) = 290, Macaroni & Cheese (½ Cup) = 165, Chicken (4 OZ.) = 192, Pasta (1 Cup) = 200, Chex Mix (½ Cup) = 127, Chips Ahoy (2 Pcs.) = 160, Apple Sauce (½ Cup) = 90, Carrots & Ranch (5 Oz.) = 205, 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 - 16 years).