



## The Kiddie Garden Weekly Menu



Week of: Oct. 09 – 13, 2017

Prepared by: Mrs. Farshori

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snacks</b>	Corn Flakes 1% Milk	Bagel & Butter 1% Milk	Rice Krispies 1% Milk	Waffle 1% Milk	Cheerios 1% Milk
<b>Lunch</b>	Hotdog On Bun Beans Water Melon 1% Milk	Pasta Carrot Orange 1% Milk	Spaghetti & Meatballs Peas Banana Water	Macaroni & Cheese Broccoli Melon 1% Milk	Turkey Sandwich Mixed Veggies Apple 1% Milk
<b>P.M Snacks</b>	Ritz Cheese Crackers Fruit Juice	Corn Chips & Salsa Fruit Juice	Animal Crackers Fruit Juice	Chips Ahoy Fruit Juice	Pretzels Fruit Juice
<b>Calories:</b> Item (size) = Calories	1% Milk (¾ Cup) = 113, Cereal (1/3 Cup) = 33 – 50, Bagel & Butter (1) = 150, Waffle, Vegetables (½ Cup) = 49, Hot Dog On Bun (1 Serv.) = 290, Pasta (¼ Cup) = 55, Spaghetti & Meatballs (4 Pcs. + 1 Serv.) = 437, Turkey Sandwich (1) = 290, Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Ritz Crackers (10) = 150, Corn Chips (1 Serv.) = 250, Salsa, (2 Tbs.) = 10, Animal Crackers (10) = 130, Chips Ahoy (2 Pcs.) = 160.				

**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).**