



Week of April 12 - 16, 2021

Kiddie Garden Weekly Menu

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Cheerios 1% Milk	Cinnamon Toast 1% Milk	Waffles with Syrup 1% Milk	Rice Crispy 1% Milk	Cheese Bagel 1% Milk
Lunch	Pasta Salad Cucumbers, Tomatoes Cantaloupe 1% Milk	Bean & Cheese Burrito Pears 1% Milk	Chicken Rice Peas Banana 1% Milk	Veggie Burger Lettuce & Ketchup Apples 1% Milk	Fish Sticks Fries Pineapple 1% Milk
P.M Snacks	Animal Crackers Water	Pretzels Fruit Juice	Ritz Crackers Water	Goldfish Fruit Juice	Vanilla Yogurt Water
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, Cheerios (¾ Cup) = 102, Rice Crispy (¾ Cup) = 120, Cinnamon Toast (1) = 152, Waffle (1) = 218, Cheese Bagel (1) = 330, Pasta Salad (1 Ser.) = 360, Bean & Cheese Burrito (1) = 320, Pear (1) = 101, Chicken Rice (1 Cup) = 317, Veggie Burger (1) = 365, Fish Stick (1) = 158, Fries (1) = 365, Mixed Vegetables (1 Cup) = 45, Cantaloupe (1 Cup) = 53, Apple (1) = 95, Pineapple (1 Cup) = 82, Animal Crackers (5) = 115, Goldfish (25 Pcs.) = 78, Pretzels (1 Oz.) = 108, Vanilla Yogurt (1 Cup) = 145, Water (1 Cup) = 0.				

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).