



Week of Dec. 13 - 17, 2021

The Kiddie Garden Weekly Menu

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	English Muffin with Jelly 1% Milk	Hawaiian Bread with Butter 1% Milk	KIX Cereal 1% Milk	Raisin Bran Cereal 1% Milk	Nutri Grain Bar 1% Milk
Lunch	Mac and Cheese Peas Banana 1% Milk	Tuna Wrap Mixed Vegetables Apples 1% Milk	Sloppy Joe on Buns Corn Grapes 1% Milk	White Rice Kidney Beans/ Carrots Mandarin Oranges 1% Milk	Chicken Patty Melt French Fries Mixed Fruits 1% Milk
P.M Snacks	Go Gurt® Water	Ritz Crackers Fruit Juice	Goldfish Water	Veggie Sticks Fruit Juice	Chex Mix Water
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, English Muffin (1) = 134, Hawaiian Bread Roll (1) = 80, KIX Cereal (1 Cup) = 86, Raisin Bran Cereal (1 Cup) = 188, Nutri Grain Bar (1) = 120, Mac and Cheese (1 Cup) = 376, Tuna Wrap (1) = 438, Sloppy Joe (1) = 399, White Rice (1 Cup) = 205, Chicken Patty (1) = 172, Mixed Vegetables (1 Cup) = 31 – 118, French Fries (1 Cup) = 365, Mandarin Oranges (1 Cup) = 104, Mixed Fruits (1 Cup) = 108, Go Gurt (1) = 65, Chex Mix (1 Cup) = 200, 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).