



Week of Jan. 30 – Feb. 3, 2023

### ***Kiddie Garden Weekly Menu***

Prepared by: Mrs. Khan

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M Snack</b>	Chex Cereal 1% Milk	Bagel with Cream Cheese 1% Milk	KIX Cereal 1% Milk	Oat Raisin Cereal 1% Milk	Rice Krispies Treat 1% Milk
<b>Lunch</b>	Ramen Noodles Spinach Banana 1% Milk	Pasta Salad Cucumber & Tomatoes Apples 1% Milk	Spanish Rice Peas Strawberries 1% Milk	Turkey Wrap Green Beans Peaches 1% Milk	Chicken Nuggets Fries Mandarin Oranges 1% Milk
<b>P.M Snack</b>	Graham Crackers Water	Veggie Sticks Fruit Juice	String Cheese Water	Cheez-It® Fruit Juice	Vanilla Wafers Water
<b>Calories: Item (size) = Calories</b>	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, Chex Cereal (1 Cup) = 110, Mini Bagel (1) = 250, KIX Cereal (1 Cup) = 86, Rice Krispies Treat (1) = 90, , Ramen Noodles (1 Cup) = 188, Pasta Salad (1 Cup) = 407, Spanish Rice (1 Cup) =215, Turkey Wrap (1)= 504, Chicken Nuggets (5) = 295, Mixed Vegetables (1 Cup) = 110, Cheez-It (27) =152, Apple (1) = 95, Strawberries (1 Cup) = 54, Mixed Fruits (1 Cup) = 97, Graham Crackers (2) = 130, Veggie Sticks (1 Oz) = 134, String Cheese (1) = 85, Mandarin Orange (1 Cup) = 40, Vanilla Wafers (8) = 139, 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)**