



Week of Jan. 17 – 21, 2022

The Kiddie Garden Weekly Menu

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	CENTER CLOSED	Pop-Tart® 1% Milk	Raisin Bran Cereal 1% Milk	Pancakes 1% Milk	Muffin 1% Milk
Lunch	MLK HOLIDAY	Chicken Sandwich Fries Peaches 1% Milk	Hotdog & Beans Rolls Pears 1% Milk	Vegetable Soup Saltine Crackers Applesauce 1% Milk	Pizza Bagel Corn Mandarin Oranges 1% Milk
P.M Snacks	CENTER CLOSED	Cheese Curls Fruit Juice	Graham Crackers Water	Go-Gurt® Water	Chex Mix Fruit Juice
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, Pop-Tart (1) = 204, Raisin Bran Cereal (1 Cup) = 188, Mini Pancakes (4) = 100, Mini Muffin (1) = 64, Chicken Sandwich (1) = 468, Hotdog (1) = 155, Vegetable Soup (1 Cup) = 159, Mini Pizza (1) = 180, Saltine Crackers (2) = 26, French Fries (60g) = 183, Mandarin Oranges (1 Cup) = 103, Chex Mix (0.5 Cup) = 121, Go-Gurt (1 Tube) = 50, Cheese Curls (1 Oz) = 158, Graham Crackers (2) = 130, Chex Mix (0.5 Cup) = 121, Applesauce (1 Cup) = 75, 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).