



Week of Jan. 11 – 15, 2021

### *The Kiddie Garden Weekly Menu*

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snacks</b>	Rice Krispies 1% Milk	Pancakes 1% Milk	Breakfast Bar 1% Milk	Corn Flakes 1% Milk	Bagel and Cheese 1% Milk
<b>Lunch</b>	Pasta Salad Cucumber & Tomatoes Mixed Fruits 1% Milk	Grilled Cheese Sandwich Tomatoes Soup Pears 1% Milk	Hotdog & Beans Banana 1% Milk	Spanish Rice Mixed Vegetables Apples 1% Milk	Fish Sticks Fries Peaches 1% Milk
<b>P.M Snacks</b>	Graham Crackers Water	Veggie Sticks Fruit Juice	Ritz Crackers Water	Cookies Fruit Juice	Cheese Curls Water
<b>Calories:</b> Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, Rice Krispies (1 Cup) = 110, Pancakes (2) = 180, Breakfast Bar (1) = 120, Corn Flakes (1 Cup) = 100, Bagel and Cheese (1) = 453, Pasta Salad (1 Cup) = 360, Grilled Cheese Sandwich (0.5 Oz) = 71, Hotdog & Beans (1) = 366, Spanish Rice (1 Cup) = 211, Fish Sticks (1) = 142, Mixed Fruits (1) = 97, Peaches (1 Cup) = 61, Pear (1) = 102, Banana (1 Cup) = 167, Apple (1) = 95, Graham Crackers (4 Sqrs.) = 100, Ritz Crackers (1) = 16, Veggie Sticks (1 Oz) = 135, Sugar Cookies (2) = 226, 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).