



Week of Jan. 25 – 29, 2021

The Kiddie Garden Weekly Men

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Rice Krispies 1% Milk	Bagel with Cream Cheese 1% Milk	Mini Pancake 1% Milk	Corn Flakes 1% Milk	Granola Bar 1% Milk
Lunch	Ramen Noodles spinach Banana 1% Milk	Turkey Wrap Green Beans Peaches 1% Milk	White Rice Peas Applesauce 1% Milk	Chicken Salad Mixed Vegetable Mandarin Oranges 1% Milk	Hamburger Fries Pear 1% Milk
P.M Snacks	Graham Crackers Water	Cheese Balls Fruit Juice	Vanilla Wafers Water	Pretzels Fruit Juice	Veggie Sticks Water
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, Rice Krispies (1 Cup) = 130, Bagel with Cheese (1) = 170, Mini Pancake (1) = 22, Corn Flakes (1 Cup) = 100, Granola Bar (1) = 117, Ramen Noodles (0.5 Pkt.) = 192, Turkey Wrap (1) = 504, Rice (1 Cup) = 205, Chickens Salad (100g) = 48, Hamburger (1) = 540, Spinach (1 Cup) = 41, Green Beans (1 Cup) = 44, Peas (1 Cup) = 118, Mixed Vegetables (1 Cup) = 45, Fries (117g) = 365, Banana (1 Medium) = 105, Peaches (1 Cup) = 110, Applesauce (100g) = 68, Mandarin Oranges (1 Cup) = 103, Pear (1 Medium) = 102, Graham Crackers (4) = 236, Cheese Balls (1 Cup) = 151, Vanilla Wafers (4 Cookies) = 69, Pretzels (1 Oz) = 108, Veggie Sticks (1 Oz.) = 135, 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).