



The Kiddie Garden Weekly Menu



Week: July 19 – 23, 2021

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Cheerios 1% Milk	French Toast 1% Milk	Muffin 1% Milk	Raisin Bran 1% Milk	Chocolate Chips Bar 1% Milk
Lunch	Stir Fry Noodles Mixed Vegetables Apples 1% Milk	Cheese Ravioli Spinach Cantaloup 1% Milk	Hamburger Fries Pineapple 1% Milk	Mexican Rice Peas Banana 1% Milk	Bologna Sandwich Broccoli Mixed Fruits 1% Milk
Ice Cream	Vanilla Ice Cream Fruit Juice	Tortilla Chips Fruit Juice	Animal Crackers Water	Goldfish Fruit Juice	Trail Mix Water
Calories: Item (Size) = Calories	1% Milk (¾ Cup) = 113, , Cheerios (1 Cup) = 102, French Toast (1 Stk.) = 149, Muffin (1 Mini) = 64, Raisin Bran (1 Cup) = 185, Chocolate Chips Bar (1) = 100, Stir Fry Noodles (1 Cup) = 135, Cheese Ravioli (5) = 205, Hamburger (1) = 540, Mexican Rice (1 Ser.) = 279, Bologna Sandwich (1) = 331, Mixed Vegetables (½ Cup) = 45 – 59, Mixed Fruits (½ Cup) = 39 – 49, Vanilla Ice Cream (1 Cup) = 210, Tortilla Chips (1 Oz) = 150, Animal Crackers (10) = 230, Goldfish (20 Pcs.) = 100, Trail Mix (½ Cup) = 353, Fruit Juice (½ Cup) = 60, Water = (1 Cup) = 0.				

Note: Kiddie Garden menu is changed every week. We prepare all meals in-house using fresh vegetables and fruits. 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 ages one through sixteen.