



## The Kiddie Garden Weekly Menu



Week of: March 1 – 5, 2021

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snacks</b>	Cheerios 1% Milk	Oatmeal 1% Milk	Corn Flakes 1% Milk	Mini Muffins 1% Milk	Cereal Bar 1% Milk
<b>Lunch</b>	Ramen Noodles Spinach Apples 1% Milk	Tuna Sandwich Green Beans Strawberries 1% Milk	Vegetable Soup Saltine Crackers Pears 1% Milk	Hotdogs with Beans Buns Mandarin Oranges 1% Milk	Cheese Pizza Mixed Veggies Mixed Fruits 1% Milk
<b>P.M Snacks</b>	Goldfish Water	Pretzels Fruit Juice	Animal Crackers Water	Cheese Balls Fruit Juice	Vanilla Wafers Water
<b>Calories:</b> Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Cheerios (1 Cup) = 105, Oatmeal (1 Cup) = 166, Corn Flakes (1 Cup) = 100, Mini Muffins (1) = 64, Cereal Bar (1) = 127, Ramen Noodles (1 pkt.) = 384, Tuna Sandwich (1) = 438, Vegetable Soup (1 Cup) = 80, Hotdog (1) = 155, Cheese Pizza (1) = 170, Mixed Vegetables (1 Cup) = 45, Saltine Crackers (4) = 52, Mixed Fruits (1 Cup) = 97, Goldfish (55) = 137, Pretzels (1 Oz) = 109, Animal Crackers (5) = 115, Cheese Balls (1 Cup) = 151, 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 - 16 years).