



Week of March 8 – 12, 2021



***The Kiddie Garden Weekly Menu***



Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snacks</b>	Chex Cereal 1% Milk	Bagel, Cream Cheese 1% Milk	Pancakes 1% Milk	Rice Krispies Cereal 1% Milk	Granola Bar 1% Milk
<b>Lunch</b>	Chicken Salad Wheat Crackers Peaches 1% Milk	Grilled Cheese Green Beans Applesauce 1% Milk	Pasta Salad Cucumber, Tomatoes Banana 1% Milk	Rice and Peas Cantaloupe 1% Milk	Spaghetti, Meatballs Mixed Vegetables Pineapples 1% Milk
<b>P.M Snacks</b>	Graham Crackers Water	Cheez-It® Fruit Juice	Chex Mix Water	Ritz Crackers Fruit Juice	Vanilla Yogurt Water
<b>Calories:</b> Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (1 Cup) = 136, Chex Cereal (1 Cup) = 115, Bagel, Cream Cheese (1) = 378, Mini Pancakes (4) 100, Rice Krispies Cereal (1 Cup) = 110, Granola Bar (1) = 117, Chicken Salad (0.5 Cup) = 254, Grilled Cheese Sandwich (1) = 366, Pasta Salad (1 Ser.) = 240, White Rice (1 Cup) = 205, Rice and Peas (1 Cup) = 296, Spaghetti and Meatballs (1 Cup) = 400, Wheat Crackers (5) = 48, Green Beans (1 Cup) = 44, Mixed Vegetables (1 Cup) = 118, Peaches (1 Cup) = 135, Applesauce (111g) = 75, Banana (1 Cup) = 133, Cantaloupe (100g) = 35, Pineapples (1 Cup) = 82, Graham Crackers (1) = 59, Cheez-It (27) = 150, Chex Mix (0.5) = 121, Ritz Crackers (5) = 80, Vanilla Yogurt (1 Cup) = 145, 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).