



The Kiddie Garden Weekly Menu



Week of May 3 - 7, 2021

Prepared by: Mrs. Khan

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|---|
| A.M. Snacks | Rice Krispies 1% Milk | Mini Muffins 1% Milk | Mini Pancakes 1% Milk | Chex Rice Cereal 1% Milk | Nutri Grain Bar 1% Milk |
| Lunch | Grilled Cheese Sandwich Broccoli Applesauce 1% Milk | Rice and Chicken Peas Honeydew 1% Milk | Bagel Cheese Pizza Mixed Vegetables Peaches 1% Milk | Pasta with Sauce Green Beans Mandarin Oranges 1% Milk | Tuna Wrap Carrots Mixed Fruits 1% Milk |
| P.M. Snacks | Go-Gurt® Water | Wheat Thins Crackers Fruit Juice | Pudding Water | Ritz Crackers Fruit Juice | Graham Crackers Water |
| Calories: Item (Size) = Calories | 1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Rice Krispies (1 Cup) = 110, Mini Muffins (1) = 64, Mini Pancakes (4) = 100, Chex Rice Cereal (1 Cup) = 100, Nutri Grain (1 Bar) = 120, Grilled Cheese Sandwich (1) = 366, Rice and Chicken (1 Cup) = 266, Bagel Cheese Pizza (6.5 Oz) = 440, Pasta with Sauce (2 Cups) = 542, Tuna Wrap (½) = 219, Broccoli (3 Oz) = 25, Peas (1 Cup) = 134, Mixed Vegetables (1 Cup) = 118, Green Beans (1 Cup) = 60, Carrots (3 Oz) = 35, Applesauce (111g) = 75, Honeydew (5 Oz) = 50, Peaches (1 Cup) = 110, Mandarin Oranges (1 Cup) = 50, Mixed Fruits (1 Cup) = 60, Go-Gurt (1) = 65, Wheat Thins Crackers (10) = 88, Chocolate/Vanilla Pudding (1 Cup) = 60, Ritz Crackers (10) = 160, Graham Crackers (2) = 130, 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).