



The Kiddie Garden Weekly Menu



Week of May 6 - 10, 2019

Prepared by: Ms. Gladis

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snacks	Rice Krispy 1% Milk	Waffle 1% Milk	Cheerios 1% Milk	French Toast 1% Milk	Cornflakes 1% Milk
Lunch	Spaghetti & Meatballs Beans Orange 1% Milk	Cheese Quesidillas Mixed Vegetables Pears 1% Milk	Cheese Sandwich Cucumber & Tomatoes Banana 1% Milk	Rice Vegetables Spinach Grapes 1% Milk	Ramen Noodles Broccoli Apples 1% Milk
P.M. Snacks	Gold Fish Crackers Fruit Juice	Animal Crackers Water	Apple Sauce Fruit Juice	Corn Chips Water	Cheese Balls Fruit Juice
Calories: Item (Size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Rice Krispies (1 Cup) = 104, Waffles (1) = 212, Cheerios (1 Cup) = 105, French Toast (1 Slice) = 149, Cornflakes (1 Cup) = 105, Spaghetti & Meatballs (1 Can) = 400, Cheese Quesidilla (1) = 490, Cheese Sandwich (1) = 311, Vegetable Rice (1 Cup) = 190, Ramen Noodles (1 Ser) = 188, Mixed Vegetables (1 Cup) = 118, Cucumber & Tomatoes (1 Cup) = 154, Spinach (100g) = 23, Broccoli (148g) = 50, Fruits (½ Cup) = 32 - 49, Gold Fish Crackers (25 Pcs.) = 70, Animal Crackers (1 Oz) = 126, Applesauce (1 Cup) = 166, Corn Chips (1 Oz) = 147, Cheese Balls (12) = 90, 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).