



Week of: Nov. 16 – 20, 2020

The Kiddie Garden Weekly Menu

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Chex Cereal 1% Milk	Pancakes 1% Milk	Cinnamon Toast 1% Milk	Cornflakes 1% Milk	Cream of Wheat 1% Milk
Lunch	Grilled Cheese Tomato Soup Apples 1% Milk	Spanish Rice Mixed Vegetables Pears 1% Milk	Tuna Salad Green Beans Mixed Fruits 1% Milk	Sloppy Joe Corn Pineapples 1% Milk	Spaghetti Meatballs Peas Peaches 1% Milk
P.M Snacks	Pudding Water	Ritz Crackers Fruit Juice	Goldfish Water	Veggie Sticks Fruit Juice	Ginger Snap Water
Calories: Item (size) = Calories	1% Milk (¼ Cup) = 113, Fruit Juice (½ Cup) = 60, Chex Cereal (1 Cup) = 115, Pancakes (1) = 91, Cornflakes (1 Cp) = 100, Cream of Wheat (1 Cup) = 132, , Grilled Chase (1) = 366, Spanish Rice (1 Cup) = 215, Tuna Salad (1 Cup) = 383, Sloppy Joe (1) = 399, Spaghetti Meatballs (1 Cup) = 400, Tomato Soup (1 Cup) = 85, Mixed Vegetables 1 Cup) = 45, Mixed Fruits (1 Cup) = 97, Pudding (1 Cup) = 286, Crackers (2) = 20, Goldfish (20) = 50, Veggie Stick (1 Oz) = 134, Ginger Snap (1) = 29, Peas (1 Cup) = 118, Green Beans (1 Cup) = 31, Pineapple (1 Cup) = 82, Corn (1 Cup) = 177, Apple (1) = 95, , Water (1 Cup) = 0.				

Note: Kiddie Garden menu is changed every week. We prepare all meals in-house using fresh ingredients. The nutrition guidelines are based on the Maryland State Department of Education Child and Adult Care Food Program (CACFP). Our meals meet or exceed the USDA requirements of balanced diet for young children (1 - 16 years).