





The Kiddie Garden Weekly Menu



Week: Nov. 21 – 25, 2022

Prepared by: Ms. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snacks	Muffins 1% Milk	Waffles with Syrup 1% Milk	Rice Krispy Treat 1% Milk	Center Closed	Center Closed
Lunch	Vegetable Soup Saltine Crackers Apples 1% Milk	Cheese Ravioli Spinach Mixed Fruits 1% Milk	Chicken Nuggets Mashed Potatoes Pineapples 1% Milk	<i>Happy Thanksgiving</i> 	
P.M. Snacks	Graham Crackers Water	Cheez-It® Fruit Juice	Pie Water	Center Closed	Center Closed
Calories: Item (Size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Waffles (2) = 87, Rice Krispy Treat (1 Bar) = 91, Vegetable Soup (1 Cup) = 98, Cheese Ravioli (1 Cup) = 285, Chicken Nuggets (5) = 295, Mashed Potatoes (1 Cup) = 237, Mixed Fruits (1 Cup) = 49 – 105, Apple Pie (1 Slice) = 396, Mini Muffin (2) = 96, Graham Crackers (4) = 236, Cheez-It (27 Pcs) = 150, 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 a balanced diet for young children (1 - 12 years).