





## The Kiddie Garden Weekly Menu



Week: Nov. 22 – 26, 2021

Prepared by: Ms. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snacks</b>	Cheerios 1% Milk	Pancakes with Syrup 1% Milk	Rice Krispy Treat 1% Milk	<b>Center Closed</b>	<b>Center Closed</b>
<b>Lunch</b>	Ramen Noodles Spinach Apples 1% Milk	Turkey Sandwich Lettuce and Tomatoes Pears 1% Milk	Rotisserie Chicken Mashed Potatoes Apple Pie 1% Milk	<i>Happy Thanksgiving</i> 	
<b>P.M. Snacks</b>	Graham Crackers Water	Cheez-It® Fruit Juice	Ice Cream Water	<b>Center Closed</b>	<b>Center Closed</b>
<b>Calories:</b> Item (Size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Cheerios (1 Cup) = 105, Mini Pancakes (10) = 270, Rice Krispy Treat (1 Bar) = 91, Spinach Noodles (1 Cup) = 210, Turkey Sandwich (1) = 324, Rotisserie Chicken (0.25) = 275, Mashed Potatoes (1 Cup) = 237, Mixed Fruits (1 Cup) = 49 – 105, Mixed Vegetables (1 Cup) = 37, Apple Pie (1 Slice) = 396, Graham Crackers (4) = 236, Cheez-It (27 Pcs) = 150, Ice Cream (1 Scoop) = 273, 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).**