





## The Kiddie Garden Weekly Menu



Week: Nov. 23 – 27, 2020

Prepared by: Ms. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snacks</b>	Rice Krispies 1% Milk	Waffles 1% Milk	Breakfast Bars 1% Milk	<b>Center Closed</b>	<b>Center Closed</b>
<b>Lunch</b>	Ramen Noodles Spinach Apples 1% Milk	Grilled Cheese Tomatoes Soup Banana 1% Milk	Cheese Pizza Mixed Vegetables Pineapples 1% Milk	<i>Happy Thanksgiving</i> 	
<b>P.M. Snacks</b>	Graham Crackers Water	Pretzels Fruit Juice	Vanilla Wafers 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, Rice Krispies (1 Cup) = 110, Waffles (1 Oz) = 82, Breakfast Bar (1) = 181, Spinach Noodles (1 Cup) = 210, Grilled Cheese (1) = 700, Cheese Pizza (1, Mini) = 254, Mixed Fruits (1 Cup) = 49 – 105, Mixed Vegetables (1 Cup) = 37, Tomatoes Soup (1 Cup) = 74, Graham Cracker (1) = 59, Pretzels (1 Oz) = 108, Vanilla Wafers (8) = 140, 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).