

## The Kiddie Garden Weekly Menu



Week of: Oct. 11 – 15, 2021

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snacks</b>	Bagel, Cream Cheese 1% Milk	Cinnamon Toast 1% Milk	Rice Crispy Cereal 1% Milk	Waffle with Syrup 1% Milk	Chocolate Chips Bar 1% Milk
<b>Lunch</b>	Vegetables Soup Saltine Crackers Apples 1% Milk	Turkey Sandwich Honeydew Sweet Potatoes 1% Milk	Rice Chicken Peas & Carrots Banana 1% Milk	Elbow Noodles Mixed Vegetables Mandarin Oranges 1% Milk	Cheese Pizza Corn Pineapple 1% Milk
<b>P.M Snacks</b>	Pretzels Water	Veggie Chips Fruit Juice	Wheat Thin Crackers Fruit Juice	Strawberry Yogurt Water	Vanilla Wafers Water
<b>Calories:</b> Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Mini Bagel with Cream Cheese (1) = 170, Cinnamon Toast (1) = 152, Rice Krispies Cereal (1 Cup) = 130, Waffle (1) = 82, Chocolate Chips Bar (1) = 100, Vegetables Soup (1 Cup) = 90, Turkey Sandwich (1) = 324, Rice Chicken (1 Cup) = 265, Elbow Noodles (1 Cup) = 211, Three Cheese Pizza (4 Mini Bagels) = 180, Mixed Vegetables (1 Cup) = 118, Mixed Fruits (1 Cup) = 50 – 99, Pretzels (1 Oz) = 109, Wheat Thin Crackers (10) = 88, Vanilla Wafers (8) = 139, Wheat Crackers (5) = 115, Yogurt (1 Cup) = <b>120</b> , 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).**