

The Kiddie Garden Weekly Menu



Week of: Oct. 12 – 16, 2020

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snacks	Rice Krispies Cereal 1% Milk	Waffle 1% Milk	Chex Cereal 1% Milk	Muffins 1% Milk	Breakfast Bar (Nutri-grain) 1% Milk
Lunch	Bologna Sandwich Carrots Banana 1% Milk	Pasta with Sauce Green Beans Mandarin Oranges 1% Milk	Turkey Wrap Broccoli Pear 1% Milk	Chicken Noodles Peas Honey Dew 1% Milk	Cheese Pizza Mixed Vegetables Pineapple 1% Milk
P.M Snacks	Vanilla Wafers Water	Cheez It Fruit Juice	Animal Crackers Water	Goldfish Fruit Juice	String Cheese Water
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Rice Krispies Cereal (1 Cup) = 130, Waffle (1) = 82, Chex Cereal (1 Cup) = 115, Mini Muffin (1) = 64, Breakfast Bard (1) = 130, Bologna Sandwich (1 Slice) = 110, Pasta With Sauce (1 Cup) = 271, Turkey Wrap (12) = 504, Chicken Noodles (1 Cup) = 265, Cheese Pizza (1 Slice) = 277, Mixed Vegetables (1 Cup) = 118, Mixed Fruits (1 Cup) = 50 – 99, Vanilla Wafers (8) = 139, Animal Crackers (5) = 115, Goldfish (55) = 137, 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).