



The Kiddie Garden Weekly Menu



Week: Sept. 19 – 23, 2022

Prepared by Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snacks	Pancake & Syrup 1% Milk	Raisin Bread with Butter 1% Milk	Rice Crispy Cereal 1% Milk	English Muffin & Jelly 1% Milk	Nutri Grain Cereal Bar 1% Milk
Lunch	Mac & Cheese Mixed Vegetables Banana 1% Milk	Cheese Ravioli Spinach Mandarin Oranges 1% Milk	Spanish Rice Peas Apples 1% Milk	Tuna Wrap Green Beans Peaches 1% Milk	Chicken Nuggets French Fries Mixed Fruits 1% Milk
P.M. Snacks	Veggie Sticks Water	Pretzels Fruit Juice	Vanilla Wafers Water	Cheese Balls Fruit Juice	Pudding Water
Calories: Item (Size) = Calories	1% Milk (1 Cup) = 102, Fruit Juice (½ Cup) = 60, Pancake & Syrup (1) = 143, Raisin Bread & Butter (1) = 105, Nutri Grain Bar (1) = 130, English Muffin & Jelly (1) = 160, Cereal (1 Cup) = 100, Mac & Cheese (1) = 310, Tuna Wrap (1) = 345, Spinach Cheese Ravioli (0.75 Cup) = 250, Chicken Nuggets (5) = 295, Spanish Rice (1 Cup) = 180, Mixed Vegetables (85g) = 60, Green Beans (1 Cup) = 44, Peas (1 Cup) = 118, French Fries (½ Cup) = 183, Peaches (1 Cup) = 110, Apple (149g) = 78, Mixed Fruits (1 Cup) = 60, Pretzels (½ Cup) = 120, Veggie Sticks (1 Oz) = 134, Vanilla Wafers (5) = 35, Cheese Balls (31) = 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 balanced diet for young children.