

Kiddie Garden Menu



Week of September 14 - 18, 2020

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Chex Cereal 1% Milk	Waffles 1% Milk	Oatmeal 1% Milk	Cornflakes 1% Milk	BelVita® Breakfast Biscuits 1% Milk
Lunch	Turkey Sandwich Peas Banana 1% Milk	Ramen Noodles Spinach Apples 1% Milk	Cheese Quesadilla Green Beans Honeydew 1% Milk	Chicken Alfredo Broccoli Pears 1% Milk	Mini Pizza Mixed Vegetables Pineapple 1% Milk
P.M Snack	Graham Crackers Water	Chex Mix Fruit Juice	Cheez It Water	Pretzels Fruit Juice	Applesauce Water
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Fruit Juice (½ Cup) = 60, Chex Cereal (1 Cup) = 115, Waffle (1) = 218, Oatmeal (1 Cup) = 166, Cornflakes (1 Cup) = 100, BelVita Biscuits (4) = 230, Turkey Sandwich (1) = 324, Ramen Noodles (1 pkg.) = 384, Cheese Quesadilla (0.5) = 357, Chicken Alfredo (0.5) = 595, Mini Pizza (1) = 358, Peas (1 Cup) = 118, Spinach (1 Cup) = 41, Green Beans (1 Cup) = 31, Broccoli (148g) = 50, Mixed Vegetables (1 Cup) = 45, Banana (1) = 105, Apple (1) = 95, Honeydew (1 Cup) = 54, Pears (1) = 101, Pineapple (1 Cup) = 41, Graham Crackers (1) = 65, Chex Mix (1 Cup) = 200, Cheez It (27) = 160, Pretzels (1) = 109, Applesauce (1 Cup) = 75, 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 (1 - 16 years).