



The Kiddie Garden Weekly Menu



Week of: September 5 - 9, 2022

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Closed	Raisin Bran Cereal 1% Milk	French Toast 1% Milk	Cornflakes 1% Milk	Rice Krispies Cereal 1% Milk
Lunch	Labor Day Holiday	Macaroni and Cheese Mixed Vegetables Mandarin Oranges 1% Milk	Spaghetti and Meatballs Green Beans Apples 1% Milk	White Rice Peas Peaches 1% Milk	Chicken Nuggets Fries Pineapples 1% Milk
P.M Snack	Closed	Graham Crackers Fruit Juice	Ritz Crackers Water	Cheez It® Fruit Juice	String Cheese Water
Calories: Item (size) = Calories	1% Milk (¾ Cup) = 113, Raisin Bran Cereal (1 Cup) = 213, French Toast Stick (12) = 149, Cornflakes (1 Cup) = 100, Rice Krispies (1 Cup) = 150, Macaroni and Cheese (1 Cup) = 376, Ritz Crackers (5) = 80, Spaghetti and Meatballs (1 Can) = 400, White Rice (1 Cup) = 200, Chicken Nuggets (5) = 245, Mixed Vegetables (½ Cup) = 44, Fries (1 Ser.) = 365, Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Mandarin Oranges (1 Cup) = 104, Veggie Sticks (28g) = 130, Apple (1 Med.) = 95, Cheez It (27) = 150, Cheese String (1) = 80, Graham Crackers (2) = 118, 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).