



## The Kiddie Garden Weekly Menu



Week of: September 7 - 11, 2020

Prepared by: Mrs. Khan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snack</b>	<b>Closed</b>	Muffins 1% Milk	Bread and Butter 1% Milk	Rice Krispies 1% Milk	Pop-Tart® 1% Milk
<b>Lunch</b>	<b>Labor Day Holiday</b>	Macaroni and Cheese Peas Pears 1% Milk	Tuna w/ Crackers Mixed Vegetables Mandarin Oranges 1% Milk	Sloppy Joes Corn Pineapple 1% Milk	Chicken Nuggets Fries Apples 1% Milk
<b>P.M Snack</b>	<b>Closed</b>	Vanilla Yogurt Water	Veggie Sticks Fruit Juice	Animal Crackers Water	Chex Mix Fruit Juice
<b>Calories: Item (size) = Calories</b>	1% Milk (¾ Cup) = 113, Cereal (1/3 Cup) = 33 – 50, Mini Muffins (2) = 35, Bread and Butter (1) = 168, Pop-Tart (1) = 204, Macaroni and Cheese (1 Cup) = 376, Tuna Salad (1 Can) = 220, Crackers (5) = 81, Sloppy Joes (1 Sandwich) = 399, Chicken Nuggets (5) = 245, Mixed Vegetables (½ Cup) = 44, Fruits (½ Cup) = 32 - 49, Fruit Juice (½ Cup) = 60, Vanilla Yogurt (6 Oz) = 145, Chex Mix (1 Cup) = 200, Veggie Sticks (28g) = 130, Corn (1 Cup) = 177, Apple (1 Med.) = 95, 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).**