

## ***Feed Me Fresh April 2013 Mt Kisco Child Care Center***

If your child has a food allergy, please provide the information to The Nurse or to the receptionist at the front desk as soon as possible.

MKCCC will attempt to meet the dietary needs of your child to the extent possible.

Water is available at all times. Low Fat milk and Cheese is served to all children over the age of two. MKCCC is a nut free facility.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	<b>1</b> Cold Cereal, Fruit, Milk	<b>2</b> Bagels, Fruit, Milk	<b>3</b> Oatmeal, Fruit, Milk	<b>4</b> Eggs, Fruit, Milk	<b>5</b> Cold Cereal, Fruit, Milk
<b>Lunch</b>	Beef & Bean Tacos, Lettuce, Salsa, Cheese Fruit, Milk	Vegetable Ravioli, Tomato Sauce, Cheese Bread, Fruit, Milk	Broccoli & Cheese Stuffed Baked Potato, Bean Salad	Pulled Pork on ww roll, Vegetable Salad, Fruit, Milk	Morningstar Veggie Burgers, Carrots, WW Bun,Fruit, Milk
<b>Snack</b>	Grahams & Applesauce	Hummus & Pita Chips	Berries & Nilla Wafers	White Bean Dip & Veggies	Cheese, Apples & Crackers
<b>Breakfast</b>	<b>8</b> Cold Cereal, Fruit, Milk	<b>9</b> Bagels, Fruit, Milk	<b>10</b> Waffles, Fruit, Milk	<b>11</b> Muffins, Fruit, Milk	<b>12</b> Cold Cereal, Fruit, Milk
<b>Lunch</b>	Vegetable Soup & Tuna on WW, Fruit, Milk	Grilled Chicken, Asparagus, Brown Rice, Fruit, Milk	Ham & Cheese Calzones, Broccoli Fruit, Milk	Tortellini with Edamame Italian Bread, Fruit Milk	Beef Meatloaf, Sweet Corn, Noodles, Fruit, Milk
<b>Snack</b>	Hummus & Pita Chips	Trail Mix & H2O or Milk	Oatmeal Cookies & Milk	Yogurt & Animal Crackers	Goldfish & Oranges, H2o
<b>Breakfast</b>	<b>15</b> Cold Cereal, Fruit, Milk	<b>16</b> Muffins, Fruit, Milk	<b>17</b> Oatmeal, Fruit, Milk	<b>18</b> Waffles, Fruit, Milk	<b>19</b> Cold Cereal, Fruit, Milk
<b>Lunch</b>	Cheese Lasagna, Salad, Italian Bread, Fruit, Milk	Hot Turkey Sandwich, WW, Corn Chowder, Fruit, Milk	Pork Tenderloin, Wild Rice, Carrots, Fruit, Milk	Roast Chicken, Pita, Vegetable, Fruit, Milk	Cheese Pizza, Bean Salad, Fruit, Milk
<b>Snacks</b>	Trail Mix & H2O or Milk	Berries & Nilla Wafers	White Bean Dip & Crackers	String Cheese & Apples	Grahams & Applesauce
<b>Breakfast</b>	<b>22</b> Cold Cereal, Fruit, Milk	<b>23</b> Bagels, Fruit, Milk	<b>24</b> Oatmeal, Fruit, Milk	<b>25</b> Eggs, Fruit, Milk	<b>26</b> Cold Cereal, Fruit, Milk
<b>Lunch</b>	Pasta Primavera & Bean Salad, Cheesy Bread, Fruit, Milk	Grilled Cheese on WW, Tomato Soup, Fruit, Milk	Greek Spinach Pie, Pita, Cucumber Salad , fruit, milk	Fish Sticks, Vegetable CousCous, Coleslaw	Chicken Fingers, Corn, Rolls, Fruit, Milk
<b>Snacks</b>	Sunbutter & Honey Sandwich on WW	Yogurt & Nilla Wafers	Cheese, Apples & Crackers	Trail Mix & H2O or Milk	Hummus & Pita Chips
<b>Breakfast</b>	<b>29</b> Cold Cereal, Fruit, Milk	<b>30</b> Muffins, Fruit, Milk			
<b>Lunch</b>	Baked Pasta & Cheese, Green Salad, Fruit, Milk	Chicken & Bean Tacos Fruit, Milk			
<b>Snack</b>	Trail Mix & H2O or Milk	Oatmeal Cookie & Milk			