

Feed Me Fresh October 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

Monday	Tuesday	Wednesday	Thursday	Friday
	Bagels, Fruit, Milk 1	French toast, Fruit, Milk 2	Oatmeal, Fruit, Milk 3	Cereal, Fruit, Milk 4
	Meatballs and spaghetti, garlic bread, salad, fruit, milk	Squash soup, tofu Tonkatsu, string beans, fruit, milk	Chicken pot pie, braised veggies, fruit, milk	Veggie and cheese quesadilla, refried beans, salad, fruit, milk
	Sorbet and tea cookie	Chocolate pudding and graham crackers	Hummus and veggies	Oatmeal cookie and milk
Cereal, Fruit, Milk 7	Bagels, Fruit, Milk 8	Eggs, Fruit, Milk 9	Oatmeal, Fruit, Milk 10	Cereal, Fruit, Milk 11
Corned beef and swiss reubens, slaw, fruit, milk	Chicken cordon bleu, brown rice, veggies, fruit, milk	Beef brisket, potato pancake, veggies, fruit, milk	Vegetable soup, turkey on ww, salad, fruit, milk	Baked beans, hot dogs, brown bread, veggies, fruit, milk
Yogurt and fruit	Pudding and fruit	Baked apples and milk	Cheese and crackers	Applesauce and grahams
Cereal, Fruit, Milk 14	Bagels, fruit, milk 15	Waffles , Fruit, Milk 16	Oatmeal , Fruit, Milk 17	Cereal, Fruit, Milk 18
Spinach and cheese calzones, green salad, fruit, milk	Chicken, cheese and bean tacos, carrot salad, fruit, milk	Beef and quinoa stuffed cabbage, potato salad, fruit, milk	Chicken cacciatore, pasta, salad, fruit, milk	Cheese pizza, salad, fruit, milk
Oatmeal cookie and milk	Veggies and dip	Yogurt and fruit	Trail mix and milk	Fruit crisp
Cereal, Fruit, Milk 21	Bagels, Fruit, Milk 22	Muffins , Fruit, Milk 23	Oatmeal, Fruit, Milk 24	Cereal, Fruit, Milk 25
Bean and cheese empanadas, baked sweet potato, fruit, milk	Chicken and vegetable teriyaki, brown rice, fruit, milk	Mac and cheese, garlic bread, salad, fruit, milk	Oven fried chicken, mashed potatoes, salad, fruit, milk	Meat loaf, ww roll, roast veggies, salad, fruit, milk
Baked apples and milk	Yogurt and fruit	Veggies and dip	Oatmeal cookie and milk	Cheese and crackers
Cereal, Fruit, Milk 28	Bagels, Fruit, Milk 29	Eggs, Fruit, Milk 30	Oatmeal, Fruit, Milk 31	
Vegetable bean soup, potato cheese pierogy, salad, fruit, milk	BBQ beef on ww, mixed up veggies, fruit, milk	Spanish chickpea and veggie stew, yellow rice, fruit, milk	Turkey in gravy over "headstones", spinach "slime", steamed carrots and broccoli, fruit, milk	
Sesame squares and milk	Veggies and hummus	Yogurt and fruit	Pumpkin bread and milk	