

Feed Me Fresh April 2014 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
	1 Bagels, Fruit, Milk	2 Waffles, Fruit, Milk	3 Oatmeal, Fruit, Milk	4 Cereal, Fruit, Milk
	Beef stew, noodles, fruit, milk	BBQ chicken, baked beans, coleslaw, dinner roll, fruit, milk	Stromboli, green salad, fruit, milk	Mac and cheese, bread sticks, broccoli, fruit, milk
	Applesauce, graham crackers	Bread pudding, Milk	Veggies and hummus, water	Fig cookies and 100% juice
7 Cereal, Fruit, Milk	8 Bagels, Fruit, Milk	9 Corn Muffins, Fruit, Milk	10 Oatmeal, Fruit, Milk	11 Cereal, Fruit, Milk
Spinach pie, Greek salad, fruit, milk	Sweet 'n sour chicken, broccoli, brown rice, fruit, milk	Vegetable barley soup, meatball sub, fruit, milk	Chicken chickpea curry, basmati rice, raita, fruit, milk	Pizzas, green salad, fruit, milk
Rice crackers and dip, water	Baked apple, milk	Oatmeal cookie, milk	Cheese and crackers, water	Frozen bananas, milk
14 Cereal, Fruit, Milk	15 Bagels, Fruit, milk	16 French toast , Fruit, Milk	17 Oatmeal , Fruit, Milk	18 Cereal, Fruit, Milk
Chicken finger, rice, carrot sticks, fruit, milk	Mushroom soup, egg salad on ww, cucumbers, fruit, milk	Shepherd's pie, spinach, bread sticks, fruit, milk	Chicken lo mein, lemon asparagus, fruit, milk	Fish sandwich, coleslaw, fruit, milk
Gingerbread cookies, milk	Yogurt and fruit, water	Veggies and dip, water	Scones, milk	Sun butter sandwiches, milk
21 Cereal, Fruit, Milk	22 Bagels, Fruit, Milk	23 Eggs, fruit, milk	24 Oatmeal, fruit, milk	25 Cereal, Fruit, Milk
Chicken Cordon Bleu, potato gratin, green beans, fruit, milk	Bean spinach cheese enchiladas, green salad, fruit, milk	Beef brisket, tortellini, broccoli raab, fruit, milk	Asian noodles, glazed chicken breast, zucchini, fruit, milk	Whirled pea soup, turkey on ww, green salad, fruit, milk
Trail mix, milk	Banana bread, milk	Cheese and crackers, water	Pretzels and 100% juice	Blueberry corn muffins, milk
28 Cereal, Fruit, Milk	29 Bagels, Fruit, Milk	30 Waffles, fruit, milk		
Meat loaf, mushroom risotto, carrot salad, fruit, milk	Chicken noodle soup, Reuben on ww, carrot sticks, fruit, milk	Cheese quesadillas, three bean salad, fruit, milk		
Yogurt and fruit, water	Applesauce, graham crackers, milk	Oatmeal cookie, milk		