

Feed Me Fresh * July 2016 * Mount 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. Please be advised that menu is subject to change without notice.

Thank you. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cereal, fruit, milk
				Sausage with onions, Roll, Broccoli, fruit, milk
				String Cheese & Crackers
4	5 Bagels, fruit, milk	6 Oatmeal, fruit, milk	7 Waffles, fruit, milk	8 Cereal, fruit, milk
4 th of July – Center Closed	Bolognese Pasta, peas & carrots, fruit, milk	Rice & beans with ground beef & cheddar, corn, fruit, milk	Lemon Cod, Pasta with Pesto & Parmesan, asparagus, fruit, milk	Chicken with Onions, potato wedges, dinner roll, spinach salad
	Graham Crackers & Yogurt	Crackers, Sunbutter & Bananas	Granola Mix & Milk	Carrot Sticks, Pretzels & Dip
11 Cereal, fruit, milk	12 Bagels, fruit, milk	13 Oatmeal, fruit, milk	14 Waffles, fruit, milk	15 Cereal, fruit, milk
Pulled Pork Tacos, broccoli, fruit, milk	Turkey burgers, peas & carrots, fruit, milk	Lemon Pepper Chicken, Barley Salad, zucchini, fruit, milk	Mac & Cheese, Bean salad, green salad, fruit, milk	Beef Meatballs, Pitas, Greek slaw with feta, fruit, milk
Apple Sauce & Ritz	Ritz Crackers & Sunbutter & Milk	Chocolate Chip Cookies & Milk	Rice Cakes & Jelly & Milk	Celery & Pretzels & Dip
18 Cereal, fruit, milk	19 Bagels, fruit, milk	20 Oatmeal, fruit, milk	21 Waffles, fruit, milk	22 Cereal, fruit, milk
Chicken Ceasar Salad, tomatoes, cucumbers, dinner roll, fruit, milk	Rice & beans with ground turkey & avocado, green salad, fruit, milk	Tortellini with Marinara & Basil, Bean Salad, broccoli, fruit, milk	Swedish Meatballs over egg noodles, spinach salad, fruit, milk	Spanish Chicken with peppers and onions and soft tacos, corn, fruit, milk
Soft Pretzels & String Cheese	Goldfish & Juice	Ice Cream, Milk, Graham Crackers	Guacamole & Tortillas	Yogurt & Berries
25 Cereal, fruit, milk	26 Bagels, fruit, milk	27 Oatmeal, fruit, milk	28 Waffles, fruit, milk	29 Cereal, fruit, milk
Beef Hamburgers with Basil Sauce, Italian slaw, fruit, milk	Sausage & Zucchini Pasta, Spinach salad, fruit, milk	Paprika Chicken & chickpeas, pitas, peppers & onions, fruit, milk	Crispy Cod with tartar sauce, potato wedges, green salad, fruit, milk	Italian Meatballs, Pasta with Parmesan, Peas & Carrots, fruit, milk
Granola Mix & Yogurt	Juice & Soft Pretzels	Scones & Milk	Melon & Pretzels	Popsicles, Apple Sauce & Carrots