***Feed Me Fresh \* February 2015\* Mount Kisco Child Care Center***

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|  Monday |  Tuesday  |  Wednesday |  Thursday |  Friday |

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| 2 Cereal, fruit, milk | 3 Bagels, fruit, milk | 4 Oatmeal, fruit, milk  | 5 Corn Muffins, Fruit, Milk | 6 Cereal, fruit, milk |
| Vegetable Chow-fun (rice noodles & edamame), egg drop soup , Fruit, Milk | Meatloaf, roast potatoes, ww breadfruit, milk | Oven Fried Chicken, Collard greens, cornbread, Fruit, Milk | Turkey, mixed Root vegetables, **FMF** Dinner rolls, fruit, milk | Grilled Cheese on ww, Tomato Soup, Fruit, Milk |
| Hummus & veggies | Goldfish & milk | Trail mix & milk | Pretzels & Fruit | Fresh fruit & crackers |
| 9 Cereal, fruit, milk  | 10 Bagels, fruit, milk | 11 Oatmeal, fruit, milk | 12 waffles, fruit, milk | 13 Cereal, fruit, milk |
| Vegetable Chili, Baked Sweet Potato, Mini Rolls, Fruit, Milk  | Beef Stew, Potato Pancakes, Noodles, Fruit, Milk | Chicken and dumplings, string beans, fruit, milk | Morningstar farms Vegetable Burgers, WW bun, Cole slaw, fruit, milk | Turkey, Stuffing,, Vegetable Soup, Fruit & Milk |
| Yogurt & fruit | White bean dip & veggies | Fruit & crackers  | fruit, Chocolate Crimson Cake **FMF** | Muffins, Milk |
| 16  |  17 Bagels, fruit, milk |  18 Oatmeal , fruit, milk | 19 French toast, fruit, milk | 20 Cereal, fruit, milk |
| Closed | Pasta with 4 cheese sauceGarlic Knots, Broccoli, fruit, milk  | Moo shu Chickenpancakes, vegetables, Fruit, milk | Beef /Bean Tacos, Salsa, Cheese, Lettuce, Corn tacos, Fruit, milk | Tuna Salad on WW, Potato Soup, Fruit, Milk |
|  | Goldfish & milk | Fresh fruit & milk | Sweet Potato cakes & milk **FMF** | Fresh fruit & crackers |
| 23 Cereal, fruit, milk | 24 Bagels, fruit, milk |  25 Oatmeal, fruit, milk | 26 Waffle, fruit, milk | 27 Cereal, fruit, milk |
| Pasta with Meat Sauce, carrot salad, Fruit, Milk | Cheese Fondue, Vegetables, Bread, fruit, milk | Chicken Francaise (lemon)Vegetables, Italian bread, fruit & milk | Asparagus Quiche, Turkey noodle soup, Fruit, Milk | Moussaka (Greek meat W/eggplant),Bread Stix, Fruit, Milk |
| Bean Dip, Pita Chips | fruit, crackers | Ginger snaps, Milk | Vegetables& ginger dip **FMF** |  Pretzels, fruit |
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|  |  | **FMF**= Feed me fresh curriculum  |  |  |
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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!