

# Feed Me Fresh \* December 2018 \* Mount Kisco Child Care

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 whole grain Cereal, Fruit, Milk	4 Bagels (WGR), Fruit, Milk	5 Oatmeal, Fruit, Milk	6 Waffles, Fruit, Milk	7 whole grain Cereal, Fruit, Milk
Turkey Sloppy Joe, WW Bun, Cucumbers, Fruit, 1% Milk	Lemon Chicken, Rice, Mixed Veggies, Fruit, 1% Milk	Macaroni & Cheese, Zucchini Saute, Fruit, 1% Milk	Turkey Meatloaf , Peas WW grain Roll, 1 %Milk	BBQ Pulled Pork, WW grain Buns Coleslaw, Fruit, 1 %Milk
Pretzels, 1 % milk	Yogurt & apples, water	Veggies & Dip, Water	FMF Pear , 1 % Milk	Muffins, 1 % milk
10 Whole Grain Cereal, Fruit, Milk	11 Holiday Brk-Toddler/Babies Preschool-Bagels, fruit, milk	12 Holiday Brk-Preschool Toddlers,/babies-oatmeal, fruit milk	13 Pancakes, Fruit, Milk	14 whole grain Cereal, Fruit, Milk
Vegetable Pizza, Bean Salad Fruit, Milk	Chef Salad with Ham & Cheese , WW Roll, Fruit, 1 %Milk	Beef Tacos, Salsa, Cheese, Shredded Lettuce, Tortillas Fruit, 1 %Milk	Turkey ww bread, Mixed Veggies, Fruit, 1% Milk	Pasta with Meatsauce, Peas, Fruit, 1% Milk
Cheese & crackers, Milk	Yogurt & Fruit	Veggies & Dip, Water	FMF Granola, crackers and Apple Sauce, water	Graham Crackers & Milk
17 whole grain Cereal, Fruit, Milk	18 Bagels (WGR), Fruit, Milk	19 grain Oatmeal Fruit, Milk	20 Waffles, Fruit, Milk	21 whole grain Cereal, Fruit, Milk
Burger Day, Turkey, Veggie & Beef, Steak Fries, WW Bun, Fruit, 1% Milk	Asian Chicken & Veggie Stir Fry, Brown Rice, Fruit, 1 %Milk	Crispy Cod, Tartar Sauce, Cauliflower, WW Bun, Fruit, 1% Milk	Beef Meatloaf, Farro-WGR Fruit, 1 %Milk	Vegetable Soup, Turkey and/or Ham, WW Bread, Cheese Fruit, Cheese, 1 %Milk
Pita Chips and Dip, water	Yogurt & Fruit	Whole Grain Crackers & 1 %Milk	Cheese, crackers, water	Trail Mix and Fruit, water
24 Cereal, Fruit, Milk	25 CLOSED	26 CLOSED	27 Pancakes, Fruit, Milk, Holiday Brk-After school	28 Whole Grain Cereal. Fruit, Milk
Fresh Baked Ham, Biscuits, Salad, Fruit, 1 %Milk			Baked Ziti, Garlic Bread, Sauteed Spinach, Fruit, 1% Milk	Chicken Fingers, Rice pilaf, Corn, Fruit, 1% Milk
			FMF Trail Mix/Yogurt Parfait, Water	Cheese, crackers, water
31 whole grain Cereal, Fruit, Milk				
Minestrone Soup, Grilled Cheese on Whole Wheat Bread Fruit, Milk				
Pretzels, 1 % milk				

