

Feed Me Fresh * February 2016 * 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.

Thank you. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal, fruit, milk	2 Bagels, Fruit, Milk	3 Oatmeal, fruit, milk	4 Scones, fruit, milk	5 Cereal, fruit, milk
Pasta with meatballs and chicken sausage ,green beans Fruit, Milk	Turkey on WW carrot soup, Fruit, Milk	Chicken Fingers, Zucchini, rice, fruit, milk	Kielbasa, cabbage, noodles, fruit, Milk	Meatballs, Tomato sauce, mini rolls, roast vegetables, fruit, milk
Goldfish & milk	Cheese and crackers	Yogurt, granola	Corn tortillas & Salsa	Fresh fruit & crackers
8 Cereal, fruit, milk	9 Bagels, fruit, milk	10 Oatmeal, fruit, milk	11 Corn muffins, fruit, milk	12 Cereal, fruit, milk
Meatless Lasagna, Green Beans, Italian bread, Fruit, Milk	Chicken Parm, Corn, Rolls, Fruit, Milk	Vegetable Quiche, Bread sticks Broccoli, fruit, milk	Peppers stuffed with chicken , Brown Rice, Fruit, Milk	Meatloaf, Brussels sprouts, Dinner Rolls, Fruit, Milk
Fresh fruit & pretzels	Trail mix & milk	Fruit & graham crackers	White bean dip & veggies	Milk , animal crackers
15	16 Bagels, fruit, milk	17 Oatmeal , fruit, milk	18 Waffles, Fruit, Milk	19 Cereal, fruit, milk
Closed for Presidents Day	Cheese Pizza, Bean Salad, Fruit, Milk	BBQ Pulled Pork ww buns, coleslaw, fruit, milk	Beef Tacos, Salsa, Cheese, Lettuce, Corn tacos, Fruit, milk	Grilled Cheese on WW, Tomato Soup, Fruit, Milk
	cookies, Milk	Fresh fruit & pretzels	Yogurt & granola	Salsa dip & crackers
22 Cereal, fruit, milk	23 Bagels, fruit, milk	24 Oatmeal, fruit, milk	25 Waffles, fruit, milk	26 Cereal, fruit, milk
Turkey burgers, ww Buns, Edamame, Fruit, Milk	Beef Sheppard's Pie Cauliflower dinner rolls, fruit, milk	Chicken, Polenta, Broccoli, Fruit, Milk	Greek chicken, lemon orzo , carrots, fruit, milk	Baked Ziti, vegetables, Italian Bread, Fruit Milk
cookies, milk	Pretzels, fruit	Hummus & veggies	milk, graham crackers	Trail Mix & milk
29 Cereal, fruit, milk				
Vegetable Nuggets, Beans and Rice, fruit, milk				
Fresh fruit & crackers				