

Feed Me Fresh January 2016 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
4 Cereal, Fruit, Milk	5 Bagels, Fruit, Milk	6 Oatmeal, Fruit, Milk	7 Scones, Fruit, Milk	8 Cereal, Fruit, Milk
Vegetable Burgers, WW bun, carrots, Fruit, Milk	Penne ala Vodka ,(cream and Cheese sauce w/tomato) Vegetable, Fruit, Milk	Meatloaf, Mashed Squash, noodles, Fruit, Milk	Chicken Cheese Steak, onions, peppers, cheese. Mini rolls, Potatoes, Fruit, milk	Grilled Cheese, WW, vegetable soup, Fruit, Milk
Goldfish & milk	Oatmeal cookies & milk	Cheese and crackers	Yogurt & Granola	Cornbread, apples
11 Cold Cereal, Fruit, Milk	12 Bagels, Fruit, Milk	13 Oatmeal, Fruit, Milk	14 Muffins, Fruit, Milk	15 Cereal, Fruit, Milk
Pasta with Turkey and Broccoli , Fruit, Milk	Boneless short ribs, Cauliflower, Couscous, fruit, Milk	Sliced Ham, WW, Vegetable Soup, fruit, Milk	Chicken Parm, WW rolls, Green Beans, Fruit, Milk	Beef Stew, Vegetables, Noodles, Fruit, Milk
Pretzels & 100% apple juice	Hummus & carrot sticks	Graham Crackers & applesauce	Celery & cream Cheese	Corn tortillas & salsa
18	19 Bagels, fruit, milk	20 Oatmeal , Fruit, Milk	21 Waffles , Fruit, Milk	22 Cereal, Fruit, Milk
Closed MLK	Vegetable Quiche Italian bread, Chicken noodle soup, fruit milk	Beef/bean Tacos, cheese, lettuce. rice, Fruit, milk	Roasted chicken Sausages and Sweet Potato-White Bean Stew orzo, fruit, Milk	Cheese Pizza, Bean Salad, Fruit, Milk
	Trail Mix & milk	Cheese and crackers	Vegetables and dip	Fresh Fruit pretzels
25 Cold Cereal, Fruit, Milk	26 Bagels, Fruit, Milk	27 Oatmeal, Fruit, Milk	28 Cinnamon buns, Fruit, Milk	29 Cold Cereal, Fruit, Milk
Chicken, basmati rice, string beans, fruit, milk	Cauliflower & Broccoli au gratin Edamame, Quinoa, Fruit, Milk	Meatballs, tomato sauce, lima beans, Italian Bread, Fruit, Milk	Roast Pork loin, apple sauce, Roasted potatoes, , rice, milk	Tuna melt, on English Muffin, Minestrone soup, Fruit, Milk
Bread pudding & milk	Blueberry loaf & 100% apple juice	Apples & Yogurt	Goldfish & milk	Graham Crackers & milk