

Feed Me Fresh * January 2018 * 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 CLOSED	2 Bagels (WGR), Fruit, Milk	3 Oatmeal (WGR), Fruit, Milk	4 Waffles, Fruit, Milk	5 Cereal, Fruit, Milk
	Garlic Butter Cheese Tortellini, Spinach with Cranberries, Bean Salad, Fruit, Milk	Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots, Dinner Rolls, Fruit, Milk	Greek Chicken with Feta, Cucumber Salad, Quinoa Pilaf (WGR), Fruit, Milk	BBQ Pulled Pork, WW Buns (WGR), Coleslaw, Fruit, Milk
	Yogurt & Strawberries	Graham Crackers & Milk	Applesauce & Pretzels	Banana Muffins & Milk (WGR)
8 Cereal, Fruit, Milk	9 Bagels (WGR), Fruit, Milk	10 Oatmeal (WGR), Fruit, Milk	11 Waffles, Fruit, Milk	12 Cereal, Fruit, Milk
Ground Turkey, Brown Rice (WGR), Shredded Cheese, Lettuce, Black Beans, Fruit, Milk	Italian Chicken & Peppers, Penne Pasta with Butter, Green Beans, Fruit, Milk	Lasagna: Ground Beef, Ricotta, Mozzarella, Tomato Sauce, Broccoli, Fruit, Milk	Turkey Meatloaf, Barley Mushroom Risotto, Cauliflower, Fruit, Milk	Ham & Cheese Sandwich on WW Bread (WGR), Split Pea Soup, Corn, Fruit, Milk
Yogurt & Granola	Pretzels, Carrots & Onion Dip	Sunbutter & Rice Cakes	Cheese Cubes & Pitas (WGR)	Apples & Bagels with Jelly
15 CLOSED	16 Bagels (WGR), Fruit, Milk	17 Oatmeal (WGR), Fruit, Milk	18 Waffles, Fruit, Milk	19 Cereal, Fruit, Milk
	Baked Chicken, Tomato Sauce, Mozzarella, Breadcrumbs, Dinner Rolls, Cauliflower, Fruit, Milk	Pulled Pork, Mashed Potatoes with Cheddar, Corn, Fruit, Milk	Teriyaki Chicken, Brown Rice (WGR), Broccoli, Fruit, Milk	Pepperoni Cheese Pizza, Bean Salad, Corn, Fruit, Milk
Martin Luther King Jr Day	Red Peppers & Black Bean Dip	Yogurt & Peaches	Sticky Oat Bars (WGR) & Milk	Animal Crackers & Milk
22 Cereal, Fruit, Milk	23 Bagels (WGR), Fruit, Milk	24 Oatmeal (WGR), Fruit, Milk	25 Waffles, Fruit, Milk	26 Cereal, Fruit, Milk
Ground Turkey Bolognese, Whole Wheat Pasta (WGR), Peas & Carrots, Fruit, Milk	Beef Chili, Dinner Roll, Potato Wedges, Fruit, Milk	Baked Chicken, Brown Rice, Red Beans, Cole Slaw, Fruit, Milk	Winter Chicken Soup with Rice, Turkey Sandwich on WW Bread (WGR), Corn, Fruit, Milk	Italian Style Sloppy Joes, Whole Wheat Buns (WGR), Green Beans, Fruit, Milk
Soft Pretzels & Orange Juice	Yogurt & Strawberries	Teddy Grahams & Milk	Cheese Stick & Ritz Crackers	Cheese Cubes & Pretzels
29 Cereal, Fruit, Milk	30 Bagels (WGR), Fruit, Milk	31 Oatmeal (WGR), Fruit, Milk		
Chickpea Minestrone Soup, Grilled Cheese on Whole Wheat Bread (WGR), Fruit, Milk	Pineapple Chicken, Basmati Rice, Broccoli, Fruit, Milk	Biscuit Pot Pies: Creamy Chicken, Peas & Carrots, Biscuits, Fruit, Milk		
Waffles with Jelly, Milk	Pineapple Cubes & Goldfish	Hummus & Celery Sticks		