

Feed Me Fresh * January 2019 * 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	2 Oatmeal, Fruit, Milk	3 Waffles, Fruit, Milk	4 whole grain Cereal, Fruit, Milk
	Center Closed Happy New Year!!!!	Sliced Beef Brisket, Zucchini Saute, Fruit, 1% Milk	Turkey Meatloaf , Peas WW grain Roll, 1 %Milk	BBQ Pulled Pork, WW grain Buns Coleslaw, Fruit, 1 %Milk
		Veggies & Dip, Water	Cheese Sticks, Crackers, Water	Muffins, 1 % milk
7 Whole Grain Cereal, Fruit, Milk	8 Bagels (WGR), Fruit, Milk	9 Oatmeal, Fruit, Milk	10 Pancakes, Fruit, Milk	11 whole grain Cereal, Fruit, Milk
Tomato soup, Roast beef on WW Bread, Fruit Milk	Chicken Parmesan, Quinoa, Mixed Veggies, Fruit, Milk	Beef Tacos, Salsa, Cheese, Shredded Lettuce, Tortillas Fruit, 1 %Milk	Roast Turkey, Whole Grain Stuffing, Broccoli, Fruit, Milk,	Pasta with Meat Balls, Peas, Fruit, 1% Milk
Cheese & crackers, Milk	Yogurt & Fruit	Veggies & Dip, Water	Crackers and Apple Sauce, water	Graham Crackers & Milk
14 whole grain Cereal, Fruit, Milk	15 Bagels (WGR), Fruit, Milk	16 grain Oatmeal Fruit, Milk	17 Waffles, Fruit, Milk	18 whole grain Cereal, Fruit, Milk
Minestrone Soup, Ham on WW Bread, Fruit, Milk	Lemon Chicken & Carrots, Brown Rice, Fruit, 1 %Milk	Beef Stew, Potatoes, Noodles, Fruit Milk	Pork Loin, Whole grain rice, Mixed Veggies, Fruit, Milk	Whole wheat pasta, meat sauce, peas & corn, fruit, milk
Pita Chips and Dip, water	Yogurt & Fruit	Whole Grain Crackers & 1 %Milk	Cheese, crackers, water	Trail Mix and Fruit, water
21 Center Closed in Honor of Dr King	22 Bagels (WGR), Fruit, Milk	23 Oatmeal, Fruit, Milk	24 Pancakes, Fruit, Milk,	25 Whole Grain Cereal. Fruit, Milk
	Greek Chicken, Salad, Farro, Fruit, Milk	Beef Meatloaf, Rice, Veggies, Fruit, Milk	Turkey Burgers, WW Bun, Spinach, Fruit, Milk	Butternut Squash Ravioli, Bean Salad, Fruit, Milk
	Yogurt & Fruit	Veggies & Hummus, Water	Trail Mix/Yogurt Parfait, Water	Cheese, crackers, water
28 whole grain Cereal, Fruit, Milk	29 Bagels (WGR), Fruit, Milk	30 Oatmeal, Fruit, Milk	31 Pancakes, Fruit, Milk	
Minestrone Soup, Grilled Cheese on Whole Wheat Bread Fruit, Milk	Vegetable Pizza, Bean Salad, Fruit, 1% Milk	Stir Fried Beef & Broccoli, Rice, Fruit, Milk	Turkey Sloppy Joes, WW Bun, Veggie Salad, Fruit, Milk	
Pretzels, 1 % milk	Yogurt & apples, water	Cucumbers & Dip, Water	Whole grain crackers & Milk	