

Feed Me Fresh * November 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.

Thank you. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Waffles, Fruit, Milk	2 whole grain Cereal, Fruit, Milk
			Spinach with couscous, (FMF) Turkey Meatloaf , Peas WW grain Roll, 1 %Milk	BBQ Pulled Pork, WW grain Buns Coleslaw, Fruit, 1 %Milk
			Trail Mix, 1 % Milk	Muffins, 1 % milk
5 Whole Grain Cereal, Fruit, Milk	6 Bagels (WGR), Fruit, Milk	7 grain Oatmeal Fruit, Milk	8 Pancakes, Fruit, Milk	9 whole grain Cereal, Fruit, Milk
Vegetable Pizza, Edamame, Fruit, Milk	Italian Chicken & Peppers, Penne Pasta with Butter, Green Beans, Fruit, 1 %Milk	Beef Tacos, Salsa, Cheese, Shredded Lettuce, Tortillas Fruit, 1 %Milk	Vegetable Lasagna, Roasted Brussels Sprouts(FMF), WW Bun, Fruit, 1 %Milk	Beef Stew, Peas, WW Bread, Fruit, 1 %Milk
Cheese & crackers, Milk	Yogurt & Fruit	Veggies & Dip, Water	Goldfish and Apple Sauce, water	Graham Crackers & Milk
12 whole grain Cereal, Fruit, Milk	13 Bagels (WGR), Fruit, Milk	14 grain Oatmeal Fruit, Milk	15 Waffles, Fruit, Milk	16 whole grain Cereal, Fruit, Milk
Pasta Fagoli Soup, Tuna on WW Bread, Fruit, 1 %Milk	Asian Chicken & Veggie Stir Fry, Brown Rice, Fruit, 1 %Milk	Thanksgiving Lunch-Turkey, Stuffing, String Beans, Fruit, Milk	Kale & White Beans (FMF) 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 Cubes, Carrot Sticks	Trail Mix and Fruit, water
19 Cereal, Fruit, Milk	20 Bagels (WGR), Fruit, Milk	21 grain Oatmeal , Fruit, Milk	22	23
Veggie Burgers, WW Roll, Bean Salad, Fruit, 1 %Milk	Crispy Cod, Tartar Sauce, WW bun, Potato Wedges, Fruit, 1 Milk	Baked Chicken, Rice, Cole Slaw Fruit, t1 %Milk	CLOSED	CLOSED
Cheese & crackers1 %Milk	Yogurt & Fruit, water	Graham Crackers & 1 %Milk		
26 whole grain Cereal, Fruit, Milk	27 Bagels (WGR), Fruit, Milk	28 grain Oatmeal Fruit, Milk	29 Pancakes, Fruit, Milk	30 Whole Grain Cereal. Fruit, Milk
Minestrone Soup, Grilled Cheese on Whole Wheat Bread Fruit, Milk	Macaroni & Cheese, Carrots, Fruit, Milk	Greek Chicken, Greek Salad, WW Pita, Fruit, Milk	Swiss Chard(FMF) , Bolognese WW Pasta, Fruit, Milk	Pork Loin, Rice Pilaf, Veggies, Fruit, Milk
Pretzels, 1 % milk	Yogurt & apples, water	WW bagel chips, cream ch, water	Graham Cracker & Milk	Applesauce cake & Milk