

# Feed Me Fresh \* Squashtober 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 WGR Cereal, Fruit, Milk	2 Bagels (WGR), Fruit, Milk	3 WGR Oatmeal, Fruit, Milk	4 Waffles, Fruit, Milk	5 Cereal, Fruit, Milk
Garlic Butter Cheese Tortellini, Spinach Salad w/ Cranberries Fruit, 1 % Milk	Cornflake Chicken, Rice Broccoli, Fruit, 1 %Milk	Shepherd's Pie: Ground Beef, Mashed Potatoes, Peas & Carrots, Dinner Rolls, Fruit, 1 % Milk  Graham Crackers & Milk	Spaghetti Squash(FMF), Turkey Meatloaf , Peas WGR Roll, 1 %Milk	BBQ Pulled Pork, WGR Buns, Coleslaw, Fruit, 1 %Milk
Yogurt & Fruit, water	Cheese Cubes & Pitas, water		Trail Mix, 1 % Milk	Muffins, 1 % milk
8	9 Bagels (WGR), Fruit, Milk		10 WGR Oatmeal Fruit, Milk	11 Pancakes, Fruit, Milk
Columbus Day CLOSED	Italian Chicken & Peppers, Penne Pasta with Butter, Green Beans, Fruit, 1 %Milk	Beef Tacos, Salsa, Cheese, Shredded Lettuce, Tortillas Fruit, 1 %Milk	Vegetable Lasagna, Cucumbers Fruit, 1 %Milk	Beef Stew, Peas, WGR Bread, Fruit, 1 %Milk
	Yogurt & Fruit	Pumpkin bread & Milk	WGR Wheat thins & Apple Sauce	Graham Crackers & Milk
15 WGR Cereal, Fruit, Milk	16 Bagels (WGR), Fruit, Milk	17 WGR Oatmeal Fruit, Milk	18 WGR Waffles, Fruit, Milk	19 WGR Cereal, Fruit, Milk
Vegetable Soup, Tuna on WW Bread, Fruit, 1 %Milk	Monterey Chicken, Rice Corn, Fruit, 1 %Milk	Bolognese WW Spaghetti, Garlic Bread, Broccoli, Fruit, 1 %Milk	Smashed Squash(Acorn) (FMF) Beef Meatloaf, Farro Fruit, 1 %Milk	Vegetable Soup, Turkey and/or Ham, WW Bread, Cheese Fruit, Cheese, 1 %Milk
Pita Chips and Dip, water	Yogurt & Fruit	Graham Crackers & 1 %Milk	Sticky Oat Bars, 1 %Milk	Trail Mix and Fruit, water
22 Cereal, Fruit, Milk	23 Bagels (WGR), Fruit, Milk	24 WGR Oatmeal , Fruit, Milk	25 Pancakes, Fruit, Milk	26 WGR Cereal, Fruit, Milk
Veggie Burgers, WGR 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	Pesto Chicken, WGR Penne, String Beans, Fruit, 1% Milk	Pepperoni Cheese Pizza, Broccoli, Fruit, 1% Milk
Muffins 1 %Milk	Yogurt & Fruit, water	Graham Crackers & 1 %Milk	Pumpkin Sweetie Bread (FMF), 1% milk	Oat Granola & Yogurt, water
29 WGR Cereal, Fruit, Milk	30 Bagels (WGR), Fruit, Milk	31 WGR Oatmeal Fruit, Milk		
Minestrone Soup, Grilled Cheese on WGR Bread, Fruit, Milk	Macaroni & Cheese, Carrots, Fruit, Milk	Italian Wedding Soup, Turkey Sandwich, Roasted Squash Fruit, Milk		
Banana muffin, 1 % milk	Yogurt & apples, water	Wheat crackers & cheese cubes		