

# Feed Me Fresh \* September 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
		5 <b>Oatmeal</b> , fruit, milk	6 Waffles, fruit, milk	7 Cereal, fruit, milk
CLOSED	CENTER IS CLOSED	Turkey Burgers, Hamburger Rolls, Corn, fruit, milk	<b>WW Ziti Pasta</b> , Meat Sauce, Cucumber Salad, fruit, milk	Cinnamon Raisin French Toast, Breakfast Sausage, Home Fries, fruit, milk
		Celery Sticks, Sunbutter & Raisins	String Cheese & Red Peppers	<b>Oat Granola &amp; Yogurt</b>
10 Cereal, fruit, milk	11 <b>Whole Wheat Bagels</b> , fruit,milk	12 <b>Oatmeal</b> , fruit, milk	13 Waffles, fruit, milk	14 Cereal, fruit, milk
Chickpeas, Tortellini Pasta Salad, Spinach Salad, fruit, milk	Beef Meatloaf, String Beans & Potatoes, Dinner Roll, fruit, milk	Pepperoni Pizza, Bean Salad, Broccoli, fruit, milk	Chicken Tenders, Squash, <b>Quinoa Salad</b> , fruit, milk	Turkey & Cheese on <b>Whole Wheat Bread</b> , Corn Salad, fruit, milk
Red Peppers, Hummus & <b>WW Pitas</b>	Mandarin Oranges & Pretzels	Turkey & <b>WG Crackers</b>	Applesauce & Cheese cubes	Strawberries & Yogurt
17 Cereal, fruit, milk	18 <b>Whole Wheat Bagels</b> , fruit,milk	19 <b>Oatmeal</b> , fruit, milk	20 Waffles, fruit, milk	21 Cereal, fruit, milk
Red Beans, Cheddar, Lettuce, Flour Tortillas, fruit, milk	Beef Meatballs, Tomato Sauce, Penne Pasta, Cauliflower, fruit, milk	Pork Loin, Applesauce, Couscous Broccoli, fruit, milk	Turkey Meatloaf, <i>String Beans &amp; Potatoes with Pesto</i> * <b>FMF</b> , <b>Farro</b> , fruit, milk	Tuna Salad, <b>WW Pitas</b> , Cucumbers & Carrots, fruit, milk
Yogurt & <b>Bran Flake Trail Mix</b>	Celery Sticks, Sunbutter & Raisins	String Cheese & Red Peppers	Strawberries & Yogurt	Peaches & Pretzels
24 Cereal, fruit, milk	25 <b>Whole Wheat Bagels</b> , fruit,milk	26 <b>Oatmeal</b> , fruit, milk	27 Waffles, fruit, milk	28 Cereal, fruit, milk
Tex Mex Ground Beef, Black Beans, <b>Brown Rice</b> , Cheese, Lettuce	Mac & Cheese, Bean Salad, Carrots, fruit, milk	Chef's Salad, Hard Boiled Eggs, Turkey, Cheese cubes, Lettuce, Cucumbers, Dinner Roll, fruit, milk	Paprika Chicken, Butternut Squash, <b>Farro</b> , Fruit, Milk	Pepperoni Pizza, Bean Salad, Corn Salad, fruit, milk
Cucumbers & Pretzels & Dip	Melons & Goldfish	Banana Muffins & Milk	<i>Red Pepper &amp; Hummus</i> * <b>FMF</b> & <b>Pitas (WGR)</b>	<b>Oat Granola &amp; Yogurt</b>