

# Feed Me Fresh \* December 2016 \* 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 Bagels, fruit, milk	2 Cereal, fruit, milk
			Lemon Cod, Green Beans & Spinach, Pasta with Pesto, Fruit, Milk	Winter White Bean, Chicken & Rice Soup, Fruit, Milk
			Apple Sauce & Cheese Cubes	Carrot Sticks, Pretzels & Dip
5 Cereal, fruit, milk	6 Oatmeal, fruit, milk	7 Waffles, fruit, milk	8 Bagels, fruit, milk	9 Cereal, fruit, milk
Turkey & Cheddar on Whole Wheat, Kale Salad, fruit, milk	Chicken with capers, Peas & carrots, Herbed Quinoa, Fruit, Milk	Swedish Meatballs, Egg Noodles, Green Beans, Fruit, Milk	BBQ Pulled Pork on Hard Taco, Green lettuce, Cheese, Fruit, Milk	Broccoli Mac & Cheese, bean salad, fruit, milk
Graham Crackers & Milk	Vanilla Yogurt with Pineapple	Animal Crackers & Milk	Pear Crisp with Oat *FMF & Milk	String Cheese & Peaches
12 Cereal, fruit, milk	13 Oatmeal, fruit, milk	14 Waffles, fruit, milk	15 Bagels, fruit, milk	16 Cereal, fruit, milk
Oven Baked Chicken Parm, Tortellini Pasta, Kale Salad, fruit, milk	Turkey Chili, dinner rolls, corn, fruit, milk	Pepperoni Cheese Pizza, peas & carrots, bean salad, fruit, milk	Black Beans, Green Lettuce, Cheese, Corn tortilla, Fruit, Milk	Turkey & Rice Minestrone, Dinner Roll, Fruit, Milk
Orange Juice & Celery with Sunbutter	Bananas & Wheat Crackers	Pita Bread & Cheese Cubes	Holiday Granola *FMF & Milk	Rice Cakes with Sunbutter and Raisins
19 Cereal, fruit, milk	20 Oatmeal, fruit, milk	21 Waffles, fruit, milk	22 Bagels, fruit, milk	23 Cereal, fruit, milk
Baked Cod, tartar sauce, potato wedges with cheddar cheese, dinner rolls, fruit, milk	Lemon Herb Chicken, Basil Cole Slaw, Jasmine Rice, fruit, milk	Ground Beef, Spanish Rice, Carrots & Green beans, Fruit, Milk	Oven Baked Chicken, Mashed Potatoes & Gravy, Stuffing with Cranberries, Fruit, Milk	Split Pea Soup, Turkey on Whole Wheat, Fruit, Milk
Animal Crackers & Milk	Ice Cream, Grahams & Milk	Vanilla Wafers & Peaches	Oatmeal Cookies *FMF & Milk	Pineapple & Graham Crackers
26	27 Oatmeal, fruit, milk	28 Waffles, fruit, milk	29 Bagels, fruit, milk	30 Cereal, fruit, milk
CLOSED FOR HOLIDAY	Pasta with Bolognese Sauce, Butternut Squash, fruit, milk	Soft Corn Taco with Ground Pork, Shredded Lettuce, Cheese, Fruit, Milk	Curried Cod, Jasmine Rice, Kale salad, Fruit, Milk	Autumn Chicken Soup, Squash and Corn, dinner roll, fruit, milk
	Ritz Crackers & Cheese Cubes	Raisin Bread & Milk	Trail Mix & Yogurt Parfait *FMF	Carrot Raisin Salad & Wheat Crackers

Wednesday, December 14,