

Feed Me Fresh * October 2019* Mount Kisco Child Care Center

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 (WGR),Peaches , Milk	2 Oatmeal(WGR), Banana, Milk	3 Biscuits, Apple, Milk	4 Cereal (WGR)Banana, Milk
	Pot Roast, Roasted Potatoes, Carrots, WGR Roll, Watermelon, Milk	Battered Cod w/ Tarter Sauce Zucchini, Greek Orzo Salad, Apple & Milk	Turkey Chili over WGR Brown Rice, Beans Peaches, Milk	Chicken & Broccoli Lo Mein Noodle, Oriental Veg. , Apple, Milk
	Blueberry Muffin & Milk	Cheese & Crackers	Hummus & Pita Chip	Baked Apples & Milk
7 Cereal (WGR)Banana, Milk	8 Bagels (WGR), Pears , Milk	9 Oatmeal(WGR), Banana, Milk	10 French Toast(WGR) Fruit Cocktail, Milk	11 Cereal (WGR) Apple Sauce, Milk
Eggplant Rollatini, Broccoli , W.W. Pasta, Pears, & Milk	Beef Tacos, WGR Tortilla Shell, Lettuce, Cheese, Salsa, Orange,Milk	Grilled Cheese on W.W. Bread, Vegetable Chicken Noodle Soup, Oranges, Milk	Meatloaf, Smashed Potatoes, Gravy, Corn, WGR Roll. Apple, Milk	Cheese Quesadilla (WW) Rice & Beans, Plantains, Milk
Ny Pretzel & Cheese	Corn & Blueberry Muffins & Milk	Graham Crackers & Milk	Sun butter & Celery	Pizza Snack Cups
14	15 Bagels (WGR),Blueberries , Milk	16 Oatmeal(WGR),Banana, Milk	17 Waffles(WGR) Apples, Milk	18 Cereal (WGR)Banana, Milk
	Chicken Bacon Ranch Sub, Tossed Salad w/ warm Honey Mustard Dressing, Oranges, Milk	Beef Stroganoff over noodles, Carrots, Watermelon, Milk	Pesto Chicken, Roasted Butternut Squash, Creamy Polenta, Pears, Milk	Mac & Cheese (WGR) Pasta, Broccoli , pears, & Milk
	Yogurt & Peaches	Mini Bagel Pizza & Milk	Carrot Sticks , Yogurt Dip	Banana Bread & Milk
21 Cereal (WGR)Banana, Milk	22 Bagels (WGR),Peaches , Milk	23 Oatmeal(WGR),Banana, Milk	24 Waffles(WGR) Blueberries, Milk	25 Cereal (WGR)Banana, Milk
Spaghetti & Meatballs , WGR Pasta Garlic Bread, Spinach, Oranges, Milk	Chicken Fajitas, Peppers & Onions, WGR Pita Bread, Sour Cream, Cheese, Pineapple, Milk	Ham & Cheese Croissants, Split Pea Soup, Watermelon, Milk	Butternut Squash Cheese Ravioli w/ Sage Brown Butter Sauce, Green Bean, Watermelon, Milk	Cheese Pizza, Bean Salad Fruit & Milk
Pumpkin Bread & Milk	Goldfish & Milk	Cucumbers & Ranch & Milk	Mini Pretzels & Real Cheese Sauce	Apples & Sun butter
28 Cereal (WGR)Banana, Milk	29 Bagels (WGR), Pineapple , Milk	30 Oatmeal(WGR),Banana, Milk	31 Biscuits, Straberries, Milk	
Baked Cheese Manicotti, Garlic Green Beans, Peaches, Milk	Pulled Pork Cole Slaw, Corn Muffin, Watermelon, Milk	Grilled Cheese, Tamato, Apples, Milk	Parmesan Crusted Tilapia, Roasted Sweet Potatoes, Cous Cous, Apples, Milk	
Carrot Sticks & Salsa	Sunbutter & Jelly Krispy Treat & Milk	Fresh Fruit Salad & Milk	Sun butter & Celery	