

Feed Me Fresh October 2022 Mount Kisco Child Care Center

MKCC Participates in the Child And Adult Care Food Program. Meal Components & Portions are served in accordance with guidelines put forth by CACFP

If your child has a food allergy, please provide the information to The Nurse, Classroom Teacher & the receptionist at the front desk as soon as possible. MKCCC will work with you 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. Whole Milk Served to Children under the age of 2.

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
3 WGR Toasted Oat, Banana, Milk	4 WGR Bagels, Banana, Milk	5 WGR Oatmeal, Bananas, Milk	6 WGR Pancakes, Blueberries, Milk	7 WGR Life, Banana, Milk
Baked Pork Loin, WGR Quinoa, Roasted Butternut Squash, Baked Apples, Milk	Vegetarian Lasagna, (Cheese & Vegetables) Apples, Milk	Stuffed Peppers (WGR Brown Rice, Beef), Broccoli, Pineapples, Milk	Ritz Crumb Chicken Tenders, Spaghetti Squash , WW Dinner Roll, Oranges, Milk	Baked Potato Boats w/ Chili, Cheese, Sour Cream, WW Dinner Roll, Blueberries, Milk
Cheese & Crackers	Berry & Mango Yogurt Parfait	Trail Mix & Milk	Zoo Animal Crackers & Milk	Pretzels & Milk
10	11 WGR Bagels, Banana, Milk	12 WW Bread, Egg, Blueberry, Milk	13 WGR Waffles Blueberries, Milk	14 WGR Life, Banana, Milk
Closed	French Toast, Sausage, Home Fries, Oranges, Milk	Grilled Ham & Cheese on Croissant, Lentil Soup, Cantaloupe, Milk	Chicken Teriyaki Shush Rice Cups, Smashed Squash , Mandarin Oranges, Milk	Sea Dog Battered Cod, Cole Slaw, WGR Hot Dog Roll, Blueberries, Milk
	Graham Crackers & Milk	Yogurt & Granola	Banana Oat Bars & Milk	Abby's Fruit Salsa & Pita
17 WGR Toasted Oat, Banana, Milk	18 WGR Bagels, Banana, Milk	19 WGR Oatmeal, Bananas, Milk	20 WGR Pancakes, Blueberries, Milk	21 WGR Life, Banana, Milk
National Pasta Day: WGR Penne w/ Meat Sauce, Broccoli, Apples, Milk	Hot Roast Turkey, Stuffing, Brussel Sprouts, Oranges, Milk	Sweet & Sour Meatballs, WGR Brown Rice, Green Beans, Blueberries, Milk	National Chicken & Waffles Day: Chicken & Waffles, Winter Squash Soup , Honeydew, Milk	Flat Bread Cheese Pizza, Tossed Salad, Watermelon, Milk
Goldfish Graham & Milk	Pizza Bagels & Milk	Cauliflower Cheese Bread & Milk	Guacamole & Baked Chips	Zoo Animal Crackers & Milk
24 WGR Toasted Oat, Banana, Milk	25 WGR Bagels, Banana, Milk	26 WW Bread, Egg, Blueberry, Milk	27 WGR Waffles, Banana, Milk	28 WGR Life, Banana, Milk
Sloppy Joes, WW Roll, Butternut Squash Sticks, Peaches, Milk	BBQ Chicken, Corn Bread, Baked Beans, Watermelon, Milk	Grilled Cheese, WW Bread, Split Pea Soup, Apples, Milk	Beef Taco Lasagna, (cheese, sour cream, salsa, WW soft Tortilla, lettuce) Mangos, Milk	Cheese Pizza, Tossed Salad, Watermelon, Milk
Trail Mix & Milk	Yogurt & Granola	Banana Bread & Milk	Pumpkin Sweetie Bread & Milk	Apples & Sun Butter
31 WGR Toasted Oat, Banana, Milk				
Monster Veggie Burger, WW Roll, Peg Leg Potato Wedges, Apples, Milk				
Graham Crackers, Apple Sauce				