

Preschool Spring 2019 Menu

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
BREAKFAST	Sausage Patty (1 oz) on WG Biscuit (1.75 oz) (1 ea) 100% Orange Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	WG Eggo Pancakes (1 pkg) 100% Apple Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	WG Waffles (1 pkg) 100% Orange Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	Yogurt Cup^ (1 ea) & Cereal on the Go* (1 pkg) 100% Apple Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	WG Breakfast Pizza Bagel (1 ea) 100% Orange Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)
	Sausage Patty (1 oz) on WG Biscuit (1.75 oz) (1 ea) 100% Orange Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	WG Eggo Pancakes (1 pkg) 100% Apple Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	WG French Toast (1 pkg) 100% Orange Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	Yogurt Cup^ (1 ea) & Cereal on the Go* (1 pkg) 100% Apple Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)	WG Chicken Biscuit (1 ea) 100% Orange Juice (4 oz) 1% or Skim Unflavored Milk (8 oz)
A.M. SNACK	2 oz WG Blueberry Muffin (1 ea) Mandarin Oranges (1/2 c)	Scooby Crackers (1 pkg or 1oz) Applesauce Cup (1/2 c)	Backpacker Bites (1 pkg or 1.24oz) Banana (1 each)	WG Animal Crackers (1 pkg or 1 oz) Orange Slices (1/2 c)	WG Goldfish Crackers (1 pkg or .75oz) Apple Slices (1 pkg)
LUNCH	WG Chicken Tenders (3 ea) Carrot Coins (1/4 c) Fruit Cocktail (1/4 c) Dinner Roll (1 ea) 1% or Skim Unflavored Milk (8 oz)	Spaghetti & Meatballs (3 meatballs, ½ cup noodles, 3oz marinara sauce) WG Breadstick (1 ea) California Blend Veg (1/4 c) Pears (1/4 c) 1% or Skim Unflavored Milk (8 oz)	Hamburger/Cheeseburger on WG Bun (1 ea) Smiley Fries (1/4 c) Peaches (1/4 c) 1% or Skim Unflavored Milk (8 oz)	WG Chicken & Cheese Quesadilla (1 ea) (6" tortilla, 2 oz chicken, 1 oz cheese, ¼ c lettuce, 2 Tbsp salsa) Refried Beans (1/4 c) Rosie Applesauce (1/4 c) 1% or Skim Unflavored Milk (8 oz)	WG Fish Nuggets (3 ea) w/ Cheddar Cheese Sauce (1 oz) Green Beans (1/4 c) Fresh Fruit (1/4 c) 1% or Skim Unflavored Milk (8 oz)
	Turkey & Cheese WG Wrap (1 ea) (8" tortilla, 3 slices, .5 oz cheese slice, mustard/mayo packet) Cucumbers (1/4) Fresh Fruit (1/4 c) 1% or Skim Unflavored Milk (8 oz)	BBQ Rib on WG Bun (1 ea) Sidewinder Potatoes (1/4 c) Peaches (1/4 c) 1% or Skim Unflavored Milk (8 oz)	Teriyaki Chicken (2 oz) Rice (½ c) Oriental Vegetables (1/4 c) Pears (1/4 c) Fortune Cookie (1 ea) 1% or Skim Unflavored Milk (8 oz)	Colby Cheese Omelet (1 ea) w/ French Toast Bites (4 ea) Syrup Cup (1 ea) Tater Tots (1/4 c) Tropical Fruit (1/4 c) 1% or Skim Unflavored Milk (8 oz)	WG Popcorn Chicken (10 ea) Mashed Potatoes (1/4 c) Chicken Gravy (1 oz) Mandarin Oranges (1/4 c) Dinner Roll (1 ea) 1% or Skim Unflavored Milk (8 oz)
	WG Cheese Tortellini w/ Marinara (4oz spoodle) WG Garlic Toast (1 ea) Steamed Broccoli (1/4 c) Fruit Cocktail (1/4 c) 1% or Skim Unflavored Milk (8 oz)	WG Chicken Patty on WG Bun (1 ea) Baked Beans (1/4 c) Pineapple Tidbits (1/4 c) 1% or Skim Unflavored Milk (8 oz)	Grilled Cheese Sandwich (1 ea) Tomato Soup (1/2 c) Green Beans (1/4 c) Fresh Fruit (1/4 c) 1% or Skim Unflavored Milk (8 oz)	Beef & Cheese Nachos (1 ea) (2 oz meat, 1 oz cheese, ¼ c lettuce, 2 Tbsp salsa) Corn (1/4 c) Rosie Applesauce (1/4 c) 1% or Skim Unflavored Milk (8 oz)	4x6 Pizza Slice (1 ea) Cauliflower & Cheese (1/3 c) Fresh Fruit (1/4 c) 1% or Skim Unflavored Milk (8 oz)
P.M. SNACK	WG Cheez-Its (1 pkg or .75oz) 1% or Skim Unflavored Milk (8 oz)	Yogurt Cup^ (1 ea) 1% or Skim Unflavored Milk (8 oz)	Cheese Stick (1 oz) Cucumbers (1/2 c) Ranch Packet (1 each) 1% or Skim Unflavored Milk (8 oz)	2 oz WG Apple Cinnamon Muffin (1 pkg) 1% or Skim Unflavored Milk (8 oz)	Assorted Fresh Fruit (½ cup) 1% or Skim Unflavored Milk (8 oz)
	WG Goldfish Grahams (1 pkg or .9oz) 1% or Skim Unflavored Milk (8 oz)	Yogurt Cup^ (1 ea) 1% or Skim Unflavored Milk (8 oz)	Cheese Stick (1 oz) Cucumbers (½ cup) Ranch Packet (1 each) 1% or Skim Unflavored Milk (8 oz)	Nature Valley Crisps (1 pkg) 1% or Skim Unflavored Milk (8 oz)	Assorted Fresh Fruit (½ cup) 1% or Skim Unflavored Milk (8 oz)

This institution is an equal opportunity provider. Menus are subject to change.

Assorted Milk: 1% low-fat and fat-free unflavored milk varieties are offered. WG= whole grain item

*Cereal Varieties Offered: Cinnamon Toast Crunch Low Sugar 96/10z (1G), 27164 Scooters from Commercial Foods 96/.88oz (1G), 27597 Honey Scooters from Commercial Foods 96/10z (1G)

^Yogurt Varieties Offered (4oz): Danimals Vanilla, Danimals Strawberry Banana and Danimals Strawberry