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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Plain yogurt with	Whole wheat English	Shreddies & Multigrain	Whole wheat crackers with	Shreddies & Multigrain
	homemade granola and	muffins with strawberry	Cheerios with 2% milk,	cheddar cheese slices and	Cheerios with 2% milk,
SNACK	drizzle of honey,	jam,	banana slices	apple wedges	fresh orange slices
	frozen berries	apple slices			
	(strawberries, blueberries,	2% Milk			
	blackberries)				
	&	&	&	&	&
	Water	Water	Water	Water	Water
11:30 a.m.	Tacos made with ground	Whole wheat penne pasta	Oven baked pork	Salmon fillet (salmon	Cheddar cheese
	turkey whole wheat flour	with sauce (ground	tenderloin with	marinated in olive oil & soy	sandwiches on whole grain
	tortillas (with additional	legumes in tomato sauce &	whole grain rice	sauce and baked)	bread with tomato soup
	filling choice of grated	seasoning)			
LUNCH	cheddar cheese, tomatoes,	Slices of roasted skinless			Thinly sliced carrots,
	lettuce	chicken breasts,	Corn on the cob (seasonal)	Whole grain couscous	celery, red and orange
	and tomato salsa)	salad of romaine lettuce,	or niblet corn	& green beans	peppers and cucumber
	thinly sliced carrot,	tomatoes, cucumber and			slices
	red/yellow pepper,	grated carrots & salad			For the finite all and formula a
	cucumber/plain yogurt dip	dressing	Fresh fruit slices	Freely from the clience (applies	Fresh fruit slices (apples,
	Fresh fruit slices	Fresh fruit slices		Fresh fruit slices (apples,	oranges, bananas, pears)
	(apples, oranges, pears)	(apples, oranges,	(apples, oranges,	oranges, bananas, pears)	
		bananas, pears)	bananas, pears)		2%milk & water
	2% milk & water	2% milk & water	2% milk & water	2 % milk & water	2 /011IIK & Water
3:30 p.m.	Apple butter	Buckwheat corn thins with	Cheese and ham slices	Mini whole wheat pitas	Apple sauce,
oloo piiiii	Whole grain crackers,	hummus	with multi grain melba	with hummus and tzatziki,	Arrowroot Biscuits,
SNACK	apple slices	Cucumber & tomato slices	toast.	thinly sliced carrot &	2 % milk & blueberries
0	аррю опосо		Pear/ cantaloupe slices	cucumber slices	_ / ,
	&	&		&	&
	Water	Water	& Water	Water	Water
5:00	Thinly sliced carrot sticks	Raisin bread	Apple slices with	Banana chunks	Whole grain melba toast
	with tzatziki	Pear slices	Apple Butter	Yogurt dip	Apple slices
SNACK	Water	Water	Water	Water	Water
ALTERNATIVES;					

<sup>\*</sup>In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list on site.

### \*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_\_\_(2)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Shreddies & Multigrain	2% plain yogurt with	Water Whole wheat	Raisin bread with cheddar	Shreddies & Multigrain
	Cheerios cereals with	homemade granola and	bagels,	cheese slices	Cheerios cereals with 2%
SNACK	2% milk	drizzle of honey	with jam	Orange slices	milk
	Fresh strawberries &	Frozen blueberries	Apple Slices		Fresh strawberries &
	blueberries				blueberries
	&	&	&	&	&
	Water	Water	Water	Water	Water
11:30 a.m.	Homemade Chicken Pot	Beef Burgers on whole wheat	Whole grain spaghetti	Whole grain flour tortillas	Turkey meatloaf (ground
	Pie (chicken, veggies,	buns and a choice of cheddar	pasta with sauce (chicken	(filled with tomato sauce,	turkey, Worcestershire
	flour, chicken stock,	cheese, tomato & lettuce	in tomato sauce, garlic,	cheddar cheese and tuna	seasoning sauce)
	seasoning)	toppings	onion)	then folded & baked)	With couscous
			Baby Spinach salad	Served with tomato salsa	Corn & baby carrots
LUNCH	Salad (romaine lettuce	Pepper slices, carrot &	(grated mozzarella, sliced	and sour cream	
	carrots and raisins)	cucumber sticks	strawberries, mango) with	Whole grain rice	
	Whole grain bread with		dressing	and peas	
	butter				
	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices
	(apples, oranges,	(apples, oranges, bananas,	(apples, oranges,	(apples, oranges,	(apples, oranges,
	pears)	pears)	bananas, pears)	bananas, pears)	bananas, pears)
	2% milk and water	2% milk & water	2% milk & water	2% milk & water	2% milk & water
3:30 p.m.	Homemade oatmeal	Whole grain crackers	Rye bread with cheese,	Yogurt with a drizzle of	½ whole wheat bagel with
	cinnamon muffins,	2% Cottage cheese	apple and banana slices	honey and granola	jam & apple slices
	cantaloupe slices	Orange slices	with yogurt dip	Pear slices	
SNACK	2% milk &	&	&	&	&
	Water	Water	Water	Water	Water
5:00	Carrots and cucumber	Banana chunks with graham	Crackers and cherry	Cucumber & carrots with	Cherry tomatoes &
	slices with tzatziki	wafers	tomatoes	whole wheat crackers	cucumber slices
SNACK					Hummus
	Water	Water	Water	Water	Water
ALTERNATIVES					
ALTERNATIVES;					

<sup>\*</sup>In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list on site.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 <b>a.m.</b>	Plain 2% yogurt with	Shreddies & Multigrain	Whole grain bread with	Shreddies & Multigrain	Homemade oatmeal with
	homemade granola &	Cheerios cereals with 2%	strawberry jam	Cheerios cereals with	2% milk and drizzle of
0114.017	drizzle of honey	milk	2% milk	2% milk	honey
SNACK	Frozen	Banana slices	Annia aliana	F	Oronno aliana
	berries(strawberries,	Banana siices	Apple slices	Frozen berries(strawberries,	Orange slices
	blueberries , blackberries)			blueberries , blackberries)	
	&	&	&	&	&
	Water	Water	Water	Water	Water
11:30 a.m.	Whole grain fusilli pasta	Sandwiches on whole	Oven roasted ham with	Brown beans	Salmon fillet (salmon
	with meat sauce (ground	wheat bread	whole grain rice,	cheddar cheese	marinated in olive oil & soy
	chicken, tomato, onion and	(turkey & cheese)	apple sauce	sandwiches	sauce and baked)
	garlic)	Chicken Noodle Soup			
LUNCH	Spinach salad with grated	Assorted fresh veggie	Spinach salad with mango,	Carrot, cucumber & red	Whole grain couscous
	carrots, chopped yellow	sticks (carrots, cucumber	strawberries and	pepper sticks	& green beans
	pepper, raisins & sunflower	slices, grape tomatoes, &	mozzarella cheese		
	seeds with dressing	red pepper) with hummus			
	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices
	(apples, oranges, pears)	(apples, oranges,	(apples, oranges,	(apples, oranges,	(apples, oranges,
	2%milk & water	bananas, pears) 2% milk & water	bananas, pears) 2% milk & water	bananas, pears) 2% milk & water	bananas, pears) 2% milk & water
3:30 p.m.	Baked corn thins with	Multi grain melba toast	Whole grain crackers with	Whole Wheat pita with	Yogurt with a drizzle of
0.00 p.m.	hummus	with 2% cottage cheese	cheddar, marble &	hummus & tzatziki	honey
	1.2	= /0 00 ttd.go 0.10000	mozzarella cheese slices		Graham wafers
SNACK	Carrots and cucumbers	Frozen blueberries	Apple slices	Cucumbers and tomatoes	Berries
	&	&	&	&	&
	Water	Water	Water	Water	Water
5:00	Apple	½ whole wheat bagel and	Thinly sliced carrots &	Banana chunks with yogurt	Apple slices
	slices with yogurt dip	jam	celery sticks with spinach	dip	with apple butter
SNACK			dip		
	Water	Water	Water	Water	Water
ALTERNATIVES.					
ALTERNATIVES;					

<sup>\*</sup>In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list on site.

# \*PRESCHOOL MENU FOR THE WEEK OF:\_\_\_\_\_(4)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Shreddies and Multigrain	Homemade oatmeal with	Raisin bread with cheddar	Shreddies and Multigrain	Plain 2% yogurt with
	Cheerios cereals with	2% milk and drizzle of	cheese slices	Cheerios cereals with	homemade granola, drizzle
SNACK	2% milk	honey, fresh strawberries	Orange slices	2% milk	of honey and & frozen
	Red/green apple slices	and blueberries		Honeydew melon slices	berries(strawberries,
&					blueberries , blackberries)
water	&	&	&	&	&
	Water	Water	Water	Water	Water
11:30 a.m.	Chicken burgers on whole	Sheppard's Pie	Assorted sandwiches on	Skinless oven BBQ	Homemade Pizza – (whole
	wheat buns and a choice	(lean ground beef,	whole wheat bread (turkey,	chicken breasts,	grain tortillas with
	of cheddar cheese, tomato	chopped onion, grated	& cheese)	whole grain rice	mozzarella cheese and/or
	& lettuce toppings	carrots, tomato paste)			baked ham & cheese),
LUNCH		topped with mashed	Potato Leek Soup	Salad of spinach, mango,	mixed bean salad
	Pepper slices, carrot &	potatoes and green beans	Carrot sticks, yellow/red	strawberry, sunflower	
	cucumber sticks		pepper, cucumber slices &	seeds and grated	Red/ orange pepper,
		Whole wheat bread	grape tomatoes with yogurt	mozzarella cheese with	carrot, tomato, cucumber,
			dip	assorted dressings	slices
	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices
	(apples, oranges, pears)	(apples, oranges, bananas,	(apples, oranges, bananas,	(apples, oranges, bananas,	(Apples, oranges,
		pears)	pears)	pears)	bananas, pears)
	2% milk & water	2% milk & water	2% milk & water	2% milk & water	2% milk & water
3:30 p.m.	Baked corn thins with	Oven baked whole grain	Whole wheat mini pitas	Whole grain, crackers with	Homemade oatmeal
	hummus	flour tortillas with salsa and	with hummus	cheddar or marble cheese	cinnamon muffins
	Thinly slices carrots and	cheddar cheese		slices	Apple slices
SNACK	cucumbers	Red pepper slices	Green/red apple slices	Tomatoes slices	2% milk
	&	&	&	&	&
	Water	Water	Water	Water	Water
5:00	Pear slices with whole	½ whole wheat bagel and	Cucumber sticks & grape	Cucumber sticks	Banana chunks and
	grain melba toast	jam	tomato's tzatziki	with plain yogurt dip	graham wafers
SNACK					
	Water	Water	Water	Water	Water
ALTERNATIVES;					
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<sup>\*</sup>In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list

## \*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8: <b>00 a.m</b> .	Whole wheat English	Shreddies and Multigrain	Plain 2% yogurt with	Shreddies and Multigrain	Whole grain bagels with
	muffins, with jam	Cheerios cereals with 2%	homemade granola ,drizzle	Cheerios cereals with	strawberry jam
		milk	of honey	2% milk	2% milk
SNACK	Apple & banana slices	Fresh strawberries	Pear and apple slices	Fresh blueberries &	Fresh fruit slices (apples
				strawberries	and bananas)
	Water	Water	Water	Water	Water
11:30 a.m.	Whole wheat flour tortilla	Beef casserole (whole	Chicken breast with	Ham melts (oven baked	Lemon chicken slices
	wraps with choice of ham	grain pasta, lean ground	mozzarella cheese and	whole wheat tortillas with	(skinless chicken breasts
	or turkey with a variety of	beef, tomato sauce,	tomato sauce, whole	ham and melted cheddar	marinated in fresh lemon
	toppings (grated cheddar	seasoning	wheat pasta	cheese)	juice and oven baked)
	cheese, lettuce & tomato)				
LUNCH	Carrot, celery, cucumber,	Sweet potato medallions,	Cooked green beans	Corn on the cob (seasonal)	Mashed potato & green
	green pepper sticks with	cooked spinach		Thinly sliced carrot, red	beans
	low fat yogurt dip			pepper sticks & cucumber	
	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices
	(apples, oranges, pears)	(apples, oranges,	(apples, oranges,	(apples, oranges,	(apples, oranges,
		bananas, pears)	bananas, pears)	bananas, pears)	bananas, pears)
	2% milk & water	2% milk water	2%milk & water	2% milk & water	2% milk & water
3:30 p.m.	Rye bread with apple	Whole grain melba toast	Whole grain crackers with	Buckwheat corn thins	Marble & mozzarella
	butter	with 2% cottage cheese	apple butter	hummus	cheese chunks with whole
SNACK	Pear slices	Frozen blueberries	Thinly sliced carrots &	Cucumber & tomato slices	grain crackers
			cucumber		Apple slices
	&	&	&	&	&
	Water	Water	Water	Water	Water
5:00	Baby Carrots & cucumber	Apple slices &	Pepper slices with whole	Apple and banana slices	½ whole wheat bagel with
SNACK	slices with plain yogurt dip	cheese chunks	grain melba toast	Yogurt dip	jam
	Water	Water	Water	Water	Water
ALTERNATIVES;					
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Note: peanut/nut restrictions due to allergies – birthdays are celebrated with Chapman's peanut/nut free ice cream

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<sup>\*</sup>In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list on site.

# \*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8: <b>00 a.m.</b>	Whole wheat bagels	Shreddies and Multigrain	Plain 2% yogurt with	Homemade oatmeal with	Shreddies and Multigrain
	with jam	Cheerios cereals with 2%	homemade granola	2% milk and drizzle of	Cheerios cereals with 2%
		milk	& drizzle of honey	honey	milk
SNACK	Orange slices	Red/green apple slices	Frozen strawberries/		Banana slices
	&	&	blueberries &	Green/red apple slices &	&
	Water	Water	Water	Water	Water
11:30 a.m.	Cheese filled tortellini with	Homemade Pizza –( whole	Homemade chicken	Sandwiches on whole	Salmon fillet (salmon
	homemade tomato sauce	grain tortillas with	Souvlaki (skinless chicken	wheat bread	marinated in olive oil & soy
	(chick peas, chopped	mozzarella cheese and/or	breast marinated in garlic,	(turkey & cheese)	sauce and baked)
	tomatoes, garlic, basil &	baked ham & cheese),	lemon and oregano),	Chicken Noodle Soup	
	onions)	mixed bean salad	whole grain rice	Assorted fresh veggie	
	with chicken slices		& pita with tzatziki	sticks (carrots, cucumber	Whole grain rice
LUNCH	Baby spinach salad with	Red/ orange pepper,	salad of mixed leaf lettuce,	slices, grape tomatoes, &	Corn on the cob (seasonal)
	tomatoes, cucumber, &	carrot, tomato, cucumber,	tomato & cucumber	red pepper) with humus	or niblet corn
	carrots & dressing	slices			
	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices
	(apples, oranges, pears)	(apples, oranges,	(apples, oranges,	(apples, oranges,	(apples, oranges,
	00/	bananas, pears)	bananas, pears)	bananas, pears)	bananas, pears)
• • • • • • • • • • • • • • • • • • • •	2% milk & water	2% milk & water	2% milk & water	2% milk & water	2% milk & water
3:30 p.m.	Homemade oatmeal	Unsweetened apple sauce	Oven baked whole grain	Whole grain crackers with	Sandwiches – (roast beef
	cinnamon muffins	Arrowroot biscuit	flour tortillas with salsa and	cheddar and mozzarella	& cheese) on whole wheat
CNIAOV	Honeydew melon slices	Tomato & cucumber slices	cheddar cheese	cheese slices	bread
SNACK	2% milk	2% milk	Dad namenalisas	Apple slices	Contalouro aliana
		0	Red pepper slices	0	Cantaloupe slices
	& Water	& Water	& Water	& Water	& Water
5:00	Marble cheese slices with	Thinly slices carrots	Banana chunks & graham	Apple slices	Peppers slices
SNACK	whole grain crackers	Melba toast	wafers	Cheddar cheese chunks	• •
SNACK	Pear	Weiba toast	walers	Crieddai Crieese Criuriks	Whole grain crackers
	Feai				
	Water	Water	Water	Water	Water
ALTERNATIVES;					
ALILIMATIVEO,					
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Note: peanut/nut restrictions due to allergies – birthdays are celebrated with Chapman's peanut/nut free ice cream

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<sup>\*</sup>In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list on site.