

# Preschool

## Breakfast/Lunch/Snack

## Five week menu cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B:</b> Cheerios, Cantaloupe, Milk <b>L:</b> Cheese Quesadillas on WG tortillas, Mexican Corn, Honey Dew, Milk <b>S:</b> Yogurt, Pears, Water	<b>B:</b> WG Biscuit, Sausage, Pineapple, Milk <b>L:</b> Meatballs, WG Rice, Green Beans, Peaches, Milk <b>S:</b> Fruit Pizza on Rice Cake, Water	<b>B:</b> Blueberry Muffin, Tropical Fruit, Milk <b>L:</b> Chicken Strips, Cooked Cabbage, WG Corn Muffin, Mango, Milk <b>S:</b> Apple Slices, Cheese, Water	<b>B:</b> Yogurt, Granola, Blueberries, Milk <b>L:</b> Arrow Sandwiches–Turkey Pepperoni, Mozzarella Cheese on WG Bread, Peas, Diced 4 Way Fruit, Milk <b>S:</b> WG Soft Pretzel, Cheese Dip, Mandarin Oranges	<b>B:</b> WG Rice Chex, Banana, Milk <b>L:</b> Cheese Pizza on WG Crust, Tossed Salad, Peaches, Milk <b>S:</b> Fruit Salad, Cheez-Itz, Water
<b>B:</b> WG Waffles, Blueberries, Milk <b>L:</b> WG Grilled Cheese, Tomato Soup, Peaches, Milk <b>S:</b> Gold Fish, Milk	<b>B:</b> French Toast, Cinnamon Applesauce, Milk <b>L:</b> Cheeseburgers on WG buns, Fries, Watermelon, Milk <b>S:</b> Tostitos, Salsa, Juice	<b>B:</b> Banana Muffin, Honey Dew, Milk <b>L:</b> Red beans & Rice Corn, Pears, Milk <b>S:</b> Applesauce, Chex Mix, Water	<b>B:</b> Marshmallow Matey’s, Diced 4 Way Fruit, Milk <b>L:</b> Meatloaf, Redskin Mashed Potatoes, WG Roll, Cantaloupe, Milk <b>S:</b> Sunchips, String Cheese, Water	<b>B:</b> WG Pancakes, Strawberries, Milk <b>L:</b> Chicken Tenders, Corn, Mandarin oranges, WG Roll, Milk <b>S:</b> Fruit Salad, Goldfish, Water
<b>B:</b> WG Oatmeal, Apple Slices, Milk <b>L:</b> Salisbury Steak, Egg Noodles, Broccoli, Cantaloupe, Milk <b>S:</b> Fritos, Refried Beans, Water	<b>B:</b> Egg and Cheese Wrap, Honey Dew, Milk <b>L:</b> Walking Tacos, Corn, Pineapple, Milk <b>S:</b> Mini Cheesecakes on Graham Crackers with Cream Cheese and Strawberries, Water	<b>B:</b> Cheesy Grits, Fresh Fruit Milk <b>L:</b> WG Mac and Cheese, Green Beans, Tropical Fruit, Milk <b>S:</b> Goldfish, Milk	<b>B:</b> Croissant, Eggs, Mixed Berries, Milk <b>L:</b> Meatball Sub, Peas, Watermelon, Milk <b>S:</b> Orange Segments, Crackers, Water	<b>B:</b> Egg & Cheese Breakfast Burrito, Blueberries, Milk <b>L:</b> BBQ Chicken Pizza on WG Crust, Tossed Salad, Pears, Milk <b>S:</b> Fruit Salad, Chex Mix, Water
<b>B:</b> Corn Muffin, Sausage, Pineapple, Milk <b>L:</b> Scalloped Potatoes, WG Roll, Cantaloupe, Milk <b>S:</b> Pretzels with Soy butter, Water	<b>B:</b> Apple Jacks, Blueberries, Milk <b>L:</b> Greek Turkey WG Pita Pockets, Sweet Potato Fries, Pears, Milk <b>S:</b> Tostitos W/ Bean Dip, Water	<b>B:</b> WG Toast, Eggs, Honey Dew, Milk <b>L:</b> Chicken Patty Sandwich on WG Bun, Baked Fries, Watermelon, Milk <b>S:</b> Halos, Cheez-Itz, Water	<b>B:</b> Bacon Biscuit Sandwich, Diced 4 way fruit, Milk <b>L:</b> Pot Roast, Mashed Potatoes, WG Roll, Peaches, Milk <b>S:</b> Banana Sushi Rolls with WG Tortillas, Water	<b>B:</b> WG Waffle, Mixed Berries, Milk <b>L:</b> WG Spaghetti, Garlic Bread, Tossed Salad, Tropical Fruit, Milk <b>S:</b> Fruit Salad, Animal Crackers, Water
<b>B:</b> Cheerios, Pears, Milk <b>L:</b> Fried Ravioli, Garlic Bread, Peas and carrots, Honey Dew, Milk <b>S:</b> Strawberry S’mores–Graham Crackers, Strawberries, Yogurt, Water	<b>B:</b> Yogurt, Granola, Mixed Berries, Milk <b>L:</b> Chicken Parm, WG noodles, Green Beans, Cantaloupe, Milk <b>S:</b> Cheese and Pepperoni Crackers, Juice	<b>B:</b> Apple Muffin, Diced 4 Way Fruit, Milk <b>L:</b> Chicken Burrito Bowls w/ WG Rice, Mexican Corn, Pineapple, Milk <b>S:</b> Apple Slices, Cheese, Water	<b>B:</b> Croissant, Sausage, Banana, Milk <b>L:</b> Cheeseburger Pie WG Crust, Carrots, Watermelon, Milk <b>S:</b> Tostitos, Cheese Sauce, Water	<b>B:</b> French Toast, Strawberries, Milk <b>L:</b> Pepperoni Pizza WG Crust, Tossed Salad, Peaches, Milk <b>S:</b> Fruit Salad, Chex Mix, Water

**PRESCHOOL PORTION SIZES**

**B:** 3/4 cup milk + 1/2 cup fruit/vegetable or combination of both + ½ sl or equivalent of grain (meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week)

**L:** 3/4 cup milk + 1.5 oz meat/meat alternate + 1/4 cup fruit + 1/4 cup vegetable + ½ sl or equivalent grains

**S:** At least two of the following components must be offered: milk ½ cup; ½ oz meat/meat alternate; ½ cup fruit; ½ cup vegetables; ½ sl or equivalent of grains

WG= Whole Grain/Whole Wheat