



CHILDREN'S MENU

PRESCHOOL, AGES: 3-5

MENU IS SUBJECT TO CHANGE

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

WG=Whole Grain Water is available throughout the day

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Bran Flakes (1/3 cup) Apple Slices (1/2 cup) 1% Milk (3/4 cup)	Scrambled Eggs English Muffin (1/2 serving) Banana (1/2 cup) 1% Milk (3/4 cup)	Chex Cereal (Rice or Corn) (1/3 cup) Oranges (1/2 cup) 1% Milk (3/4 cup)	WG Bagels (1/2) Cream Cheese (1 TBSP) Grapes (1/2 cup) 1% Milk (3/4 cup)	Pancakes (1/2 serving) Strawberries (1/2 cup) 1% Milk (3/4 cup)
Lunch	Meatloaf (1 1/2 cup) Dinner Roll (1/2 serving) Baked Sweet Potato (1/4 cup) Peaches (1/4 cup) 1% Milk (3/4 cup)	WG Spaghetti (1/2 serving) Tomato Sauce Ground Beef Meatballs (1 1/2 oz.) Peas (1/4 cup) Applesauce (1/4 cup) 1% Milk (3/4 cup)	Chicken Bites w/ dip (1 1/2 oz.) WG Long Grain Wild Rice (1/4 cup) Green Beans (1/4 cup) Mandarin Oranges (1/4 cup) 1% Milk (3/4 cup)	Cheese Pizza (2 squares) (whole grain crust = 1/2 slice bread, cheese = 1 1/2 oz.) Carrots (1/4 cup) Apples (1/4 cup) 1% Milk (3/4 cup)	Chicken & Rice Soup with Vegetables: WG Rice (1/4c) Mixed Vegetables (1/4 cup) Ham & Cheese Sandwich WG bread (1/2 serving) Pineapple (1/4 cup) 1% Milk (3/4 cup)
Snack	WG Wheat Thins (1/2 serving) String Cheese (1 1/2 oz.) Water	Graham Crackers (1/2 serving), Sunbutter (1 TBSP) Melon (1/2 cup) Water	Low Fat Yogurt (1/4 cup) Crushed Cheerios (optional) Blueberries (1/4 cup) Water	Fresh Vegetables (1/2 cup) Yogurt Dip (1/4 cup) Water	Animal Crackers (1/2 serving) Fresh Fruit Variety (1/2 cup) Water

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cheerios (3/4 cup) Yogurt (1/4 cup) Apple Slices (1/2 cup) 1% Milk (3/4 cup)	WG Waffles (1/2 serving) Strawberries (1/2 cup) 1% Milk (3/4 cup)	Breakfast Pizza: Scrambled Eggs, WG Crust, Shredded Cheese (1 slice) Banana (1/2 cup) 1% Milk (3/4 cup)	WG Bagels (1/2 slice) Sunbutter (1 TBSP) Oranges (1/2 cup) 1% Milk (3/4 cup)	WG English Muffin (1/2 slice) Jelly Apple Slices (1/2 cup) 1% Milk (3/4 cup)
Lunch	Hamburger (1 1/2 oz.) WG Roll (1/2 slice) Fresh Vegetables (1/4 cup) Yogurt Dip (1/8 cup) Peaches (1/4 cup) 1% Milk (3/4 cup)	Spanish Rice WG Rice (1/2 serving) Ground Beef (1 1/2 oz.) Sauce Carrots & Peas (1/4 cup) Pears (1/4 cup) 1% Milk (3/4 cup)	Sunbutter (3 TBSP) & Jelly Sandwiches Whole Wheat Bread or Pita (1/2 slice) Peas (1/4 cup) Pineapple (1/4 cup) 1% Milk (3/4 cup)	Baked Chicken (1 1/2 oz.) Mashed Potatoes (1/4 cup) WG Dinner Roll (1/2 serving) Mixed Vegetables (1/4 cup) Mandarin Oranges (1/4 cup) 1% Milk (3/4 cup)	WG Pasta (Ziti or Spiral) (1/2 serving) Spaghetti Sauce Mozzarella Cheese (1 1/2 oz.) Green Beans (1/4 cup) Applesauce (1/4 cup) 1% Milk (3/4 cup)
Snack	WG Triscuit Crackers (1/2 serving) Cheddar Cheese (1/2 oz.) Water	Goldfish Crackers (1/2 serving) Strawberries (1/2 cup) Water	Pretzel Rods (1/2 serving) Apple Slices (1/2 cup) Water	WG Tortilla Rollup (1/2 serving) Sunbutter 1 TBSP Banana (1/2 cup) Water	WG Cereal Mix (1/4 cup) Fruit Salad (1/2 cup) Water

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cheerios (3/4 cup) Yogurt (1/4 cup) Apple Slices (1/2 cup) 1% Milk (3/4 cup)	Pancakes (1/2 serving) Strawberries (1/2 cup) 1% Milk (3/4 cup)	Chex Cereal (rice or corn) (3/4 cup) Bananas (1/2 cup) 1% Milk (3/4 cup)	WG Bagel (1/2 slice) Sunbutter (1TBSP) Grapes (1/4 cup) 1% Milk (3/4 cup)	WG Waffles (1/2 serving) Melon (1/2 cup) 1% Milk (3/4 cup)
Lunch	Chicken & Cheese Quesadilla WG Tortilla (1/2 serving) Chicken (1/4 oz.) Shredded Cheddar (1/4 oz.) Mixed Vegetables (1/4 cup) Pears (1/4 cup) 1% Milk (3/4 cup)	Turkey (1 1/2 oz.) WG Wild Rice (1/2 serving) Dinner Roll (1/2 slice) Steamed Cauliflower & Broccoli (1/4 cup) Peaches (1/4 cup) 1% Milk (3/4 cup)	Scoops: Tuna or Egg Salad WG Pita (1/2 slice) Tuna/Egg Salad (1 1/2 oz.) Carrots (1/4 cup) Honeydew Melon (1/4 cup) 1% Milk (3/4 cup)	Grilled Cheese&Tomato Soup WG Bread (1/2 slice) Cheddar Cheese (1 1/2 oz.) Tomato Soup (1/2 cup) Mixed Vegetable (1/4 cup) Applesauce (1/4 cup) 1% Milk (3/4 cup)	Cheese Pizza WG Pizza Crust (1/2 serving) Mozzarella Cheese (1/2 oz.) Fresh Veggies (1/4 cup) Pears (1/4 cup) 1% Milk (3/4 cup)
Snack	Goldfish Crackers (1/2 serving) Oranges (1/2 cup) Water	Low Fat Yogurt (1/4 cup) Blueberries (1/2 cup) Water	Mozzarella Cheese Stick (1/2 oz.) Wheat Thins (1/2 serving) Water	Fresh Vegetables (1/2 cup) Yogurt Dip (1/4 cup) Water	WG Cereal Mix (1/4 cup) Fresh Fruit Variety (1/2 cup) Water

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Bran Flakes (3/4 cup) Pears (1/2 cup) 1% Milk (3/4 cup)	Breakfast Pizza: Scrambled Eggs, Crust, Shredded Cheese (1 oz.) Banana (1/2 cup) 1% Milk (3/4 cup)	WG Waffles (1/2 serving) Apple Slices (1/2 cup) 1% Milk (3/4 cup)	Kix or Multigrain Cheerios (3/4 cup) Oranges (1/2 cup) 1% Milk (3/4 cup)	Low Fat Yogurt (1/4 cup) Crushed Cheerios (1/8 cup) Strawberries (1/2 cup) 1% Milk (3/4 cup)
Lunch	Pulled Pork (1/2 serving) Dinner Roll (1/2 slice) Pasta Salad w/ Italian Dressing (WG pasta-1/2 serving) Tomato, peppers, Broccoli (1/4 cup) Pineapple (1/4 cup) 1% Milk (3/4 cup)	Tacos WG Tortilla Shell (1/2 serving) Ground Beef (1 1/2 oz.) Shredded Cheddar (1/2 oz.) Shredded Lettuce & Tomato (1/4 cup) Peaches (1/4 cup) 1% Milk (3/4 cup)	Ham (or turkey) & Cheese Sandwich, WG Bread/Pita Meat (1 1/2 oz.) Cheese Slice (1 1/2 oz.) Steamed Broccoli & cauliflower(1/4 cup) Peaches (1/4 cup) 1% Milk (3/4 cup)	WG Roll (1/2 slice) Chef Salad: Romaine (1/4 cup) Hard Boiled Egg (1/2 lg egg) Tomato/Cucumber (1/4 cup) Cheese (1/2 oz.) Pineapple (1/4 cup) 1% Milk (3/4 cup)	Macaroni & Cheese WG Pasta (1/2 serving) Cheddar Cheese (1 1/2 oz.) Green Beans (1/4 cup) Apple Sauce (1/4 cup) 1% Milk (3/4 cup)
Snack	Low Fat Yogurt (1/4 cup) Crushed Cheerios (1/8 cup) Blueberries (1/4 cup) Water	Fresh Vegetables (1/2 cup) Yogurt Dip (1/4 cup) Water	Pretzel Rods (1/2 serving) Apple Slices (1/2 cup) Water	Mozzarella Cheese Stick (1/2 oz.) Wheat Thins (1/2 serving) Water	WG Pita (1/2 slice) Sunbutter (1 TBSP) Fresh Fruit Variety (1/2 cup) Water