

### Early Arts Preschool 2-week Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>
wholegrain crispbread	triscuit cracker	whole wheat rolls/hummus	whole wheat saltine	bran flakes
apple	banana	pear	grapes sliced	watermelon
1% milk	1% milk	1% milk	1% milk	1% milk
water	water	water	water	water
<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>
quinoa	macaroni	spaghetti	whole grain brown rice	whole wheat bread
bbq chicken breast	shreddeed mozzarella cheese	turkey meatloaf	oven-baked salmon	bbq beef
red pepper	broccoli	green beans	asparagus	peas
banana	apple	watermelon	pear	grapes sliced
1% milk	1% milk	1% milk	1% milk	1% milk
water	water	water	water	water
<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>
plain yogurt/soft pretzel	whole wheat saltine/peacans	loose granola	triscuit crackers	whole grain bagel/cheese
watermelon	grapes sliced	banana	apple	pear
water	water	water	water	water
Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>	<b>BREAKFAST 9:30-10:00AM</b>
corn flakes	plain yogurt/veggie straws	whole wheat bread/boiled egg	glodfish/cashews	whole wheat club crackers
mandarin orange	peach	raisins	strawberry	carrots
1% milk	1% milk	1% milk	1% milk	1% milk
water	water	water	water	water
<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>	<b>LUNCH 12:30-1:00PM</b>
whole rye bread	brown rice	macaroni	whole wheat rolls	whole wheat toast
cod fillet	black beans/sausage	shredded cheddar cheese	chicken breast	scrambled egg
cucumber slices	garden salad/tomato	celery	carrots	cauliflower
strawberry	raisins	mandarin orange	peach	kiwi
1% milk	1% milk	1% milk	1% milk	1% milk
water	water	water	water	water
<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>	<b>SNACK 3:30-4:00PM</b>
goldfish/cashews	whole wheat saltine/pecans	cheerios/cashews	graham crackers	plain yougurt/pistachios
kiwi	carrots	strawberry	raisins/kiwi	mandarin orange
water	water	water	water	water

