Early Arts Preschool 2-week Menu Sample

		Tuesday		Wednesday		Thursday		Friday	
BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM
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	
LUNCH	12:30-1:00PM	LUNCH	12:30-1:00PM	LUNCH	12:30-1:00PM	LUNCH	12:30-1:00PM	LUNCH	12:30-1:00PM
quinoa		macaroni		spaghetti		whole grain b	rown rice	whole wheat	bread
bbq chicken breast		shreddeed mozzarella cheese		turkey meatloaf		oven-baked salmon		bbq beef	
red pepper		broccolli		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	
SNACK	3:30-4:00PM	SNACK	3:30-4:00PM	SNACK	3:30-4:00PM	SNACK	3:30-4:00PM	SNACK	3:30-4:00PM
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	
Manday		Tuesday		Madnasday		Thursday		Eriday	
Monday	0.20 10.004 M	Tuesday	0.20 10.00414	Wednesday	0.20 10.00 M	Thursday	0.20 10.00414	Friday	0.20 10:00 0.04
BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM	BREAKFAST	9:30-10:00AM
BREAKFAST corn flakes		BREAKFAST plain yogurt/ve		BREAKFAST whole wheat	9:30-10:00AM bread/boiled egg	BREAKFAST glodfish/cashe		BREAKFAST whole wheat	
BREAKFAST corn flakes mandarin ora		BREAKFAST plain yogurt/ve peach		BREAKFAST whole wheat raisins		BREAKFAST glodfish/cashe strawberry		BREAKFAST whole wheat carrots	
BREAKFAST corn flakes mandarin ora 1% milk		BREAKFAST plain yogurt/ve peach 1% milk		BREAKFAST whole wheat raisins 1% milk		BREAKFAST glodfish/cashe strawberry 1% milk		BREAKFAST whole wheat carrots 1% milk	
BREAKFAST corn flakes mandarin ora 1% milk water	inge	BREAKFAST plain yogurt/ve peach 1% milk water	eggie straws	BREAKFAST whole wheat raisins 1% milk water	bread/boiled egg	BREAKFAST glodfish/cashe strawberry 1% milk water	ews	BREAKFAST whole wheat carrots 1% milk water	club crackers
BREAKFAST corn flakes mandarin ora 1% milk water LUNCH	inge 12:30-1:00PM	BREAKFAST plain yogurt/ve peach 1% milk water LUNCH	eggie straws	BREAKFAST whole wheat raisins 1% milk water LUNCH		BREAKFAST glodfish/cashe strawberry 1% milk water LUNCH	ews 12:30-1:00PM	BREAKFAST whole wheat carrots 1% milk water LUNCH	club crackers 12:30-1:00PM
BREAKFAST corn flakes mandarin ora 1% milk water LUNCH whole rye bre	inge 12:30-1:00PM	BREAKFAST plain yogurt/ve peach 1% milk water LUNCH brown rice	eggie straws 12:30-1:00PM	BREAKFAST whole wheat raisins 1% milk water LUNCH macaroni	bread/boiled egg 12:30-1:00PM	BREAKFAST glodfish/cashe strawberry 1% milk water LUNCH whole wheat	ews 12:30-1:00PM rolls	BREAKFAST whole wheat carrots 1% milk water LUNCH whole wheat	club crackers 12:30-1:00PM toast
BREAKFAST corn flakes mandarin ora 1% milk water LUNCH whole rye bre cod fillet	inge 12:30-1:00PM ead	BREAKFAST plain yogurt/ve peach 1% milk water LUNCH brown rice black beans/sa	eggie straws 12:30-1:00PM usage	BREAKFAST whole wheat raisins 1% milk water LUNCH macaroni shredded che	bread/boiled egg 12:30-1:00PM	BREAKFAST glodfish/cashe strawberry 1% milk water LUNCH whole wheat chicken breas	ews 12:30-1:00PM rolls	BREAKFAST whole wheat carrots 1% milk water LUNCH whole wheat scrambled eg	club crackers 12:30-1:00PM toast
BREAKFAST corn flakes mandarin ora 1% milk water LUNCH whole rye bre cod fillet cucumber slic	inge 12:30-1:00PM ead	BREAKFAST plain yogurt/ve peach 1% milk water LUNCH brown rice black beans/sa garden salad/t	eggie straws 12:30-1:00PM usage	BREAKFAST whole wheat raisins 1% milk water LUNCH macaroni shredded che celery	bread/boiled egg 12:30-1:00PM ddar cheese	BREAKFAST glodfish/cashe strawberry 1% milk water LUNCH whole wheat chicken breas carrots	ews 12:30-1:00PM rolls	BREAKFAST whole wheat carrots 1% milk water LUNCH whole wheat scrambled eg cauliflower	club crackers 12:30-1:00PM toast
BREAKFAST corn flakes mandarin ora 1% milk water LUNCH whole rye bre cod fillet cucumber slic strawberry	inge 12:30-1:00PM ead	BREAKFAST plain yogurt/ve peach 1% milk water LUNCH brown rice black beans/sa garden salad/t raisins	eggie straws 12:30-1:00PM usage	BREAKFAST whole wheat raisins 1% milk water LUNCH macaroni shredded che celery mandarin ora	bread/boiled egg 12:30-1:00PM ddar cheese	BREAKFAST glodfish/cashe strawberry 1% milk water LUNCH whole wheat chicken breas carrots peach	ews 12:30-1:00PM rolls	BREAKFAST whole wheat carrots 1% milk water LUNCH whole wheat scrambled eg cauliflower kiwi	club crackers 12:30-1:00PM toast
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