

Preschool - Small Blessings Menu – Four Week Rotation

WEEK 1	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 1	Bananas with digestive cookie Water	Whole wheat spaghetti with vegetable & meat sauce Slice of multi-grain bread Melon wedges Milk	Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
Tuesday 1	Cinnamon quick bread with sliced apple Water	Chicken and rice casserole with peas Oatmeal cookie Milk	Fresh fruit tray – minimum 3 fruit Whole grain cracker Water
Wednesday 1	Yogurt with fruit Water	Ham, broccoli & cheese quiche Multi-grain bread Juice popsicle Milk	Graham crackers with honey (cheese for under 12 mos) Milk
Thursday 1	Cinnamon Pita triangles with apple sauce Water	Chicken breast with mashed potatoes and carrots Watermelon wedges Milk	Apple spice muffin and sliced apples Water
Friday 1	Melon (2 varieties) with graham wafer Water	Homemade macaroni & cheese with tuna salad Bananas Milk	Multi-grain bagel with honey (cheese cubes for under 12 mos) 100% fruit juice

WEEK 2	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 2	Yogurt with fruit Water	Whole wheat english muffin pizza with meat sauce, veggies & cheese topping Watermelon Wedges Milk	Dry whole grain cereal mix 100% fruit juice
Tuesday 2	Banana Bread 100% fruit juice	Fish sticks with rice & green bean Yogurt & fruit popsicle Milk	Melon (2 varieties) with graham wafer Water
Wednesday 2	Apple sauce with digestive cookie Water	Ham, mashed potatoes and peas and carrots Apple Spice Cake Milk	Banana & graham wafer Water
Thursday 2	Fresh fruit tray – minimum 3 fruit Water	Chicken and broccoli alfredo with whole wheat rotini Apple slices Milk	Pita triangles with hummus & salsa Milk
Friday 2	Blueberry bran muffin Apple slices Water	Minestrone Pasta Soup with whole grain bread slice Bananas Milk	Fresh vegetable tray with tzatziki dip Water

WEEK 3	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 3	Apple sauce and digestive cookie Water	Chili with veggies & ground beef Multi-grain bread Banana Milk	Fruit smoothies & graham crackers Water
Tuesday 3	Multi-grain crackers and cheddar cheese cubes 100% fruit juice	Chicken vegetable rice soup Grilled cheese on multi-grain bread Digestive cookie Milk	Sliced apple with multi-grain crackers Water
Wednesday 3	Toasted cinnamon pita chips with applesauce dip Water	Ham and potato scallop with carrots Watermelon wedges Milk	Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
Thursday 3	Fresh fruit tray – 3 fruits Graham crackers Water	Tuna and egg noodle casserole with peas Orange pineapple muffin Milk	Multi-grain bagels with whipped cream cheese & fruit Water
Friday 3	Peaches in juice with digestive cookie Water	Egg salad and chicken salad sandwiches on multi-grain bread Melon wedges Milk	Fresh vegetable tray with tzatziki Milk

WEEK 4	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 4	Apple slices and multi-grain crackers Water	Tuna melt on whole wheat english muffin Peaches in juice Milk	Pita triangles with hummus or salsa 100% fruit juice
Tuesday 4	Multi-grain bagels with whipped cream cheese & fruit Water	White meat chicken nuggets, rice and green beans Fruit juice pop Milk	Fruit smoothies & graham crackers Water
Wednesday 4	Applesauce and digestive cookie Water	Shepherd's pie with mixed vegetables Bananas Milk	Melon (2 varieties) with graham wafer Water
Thursday 4	Fresh fruit tray – 3 fruits Milk	Veggie egg bake with cheese, spinach, carrot & hash browns Ginger crisp cookie Milk	Bananas and digestive cookie Water
Friday 4	Toasted cinnamon pita with applesauce dip Water	Hamburger soup with barley and veggies with slice of multi-grain bread Yogurt & fruit pop Milk	Dry whole grain cereal mix 100% fruit juice

Substitutions: For children under 3 years, vegetables will be blanched. Honey will not be served to infants under 12 months. Infant and toddlers will have whole milk while 2% milk will be served to two years and up.