

## 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 granola bar and apple slices Water
Tuesday 1	Cinnamon quick bread with sliced apple Milk	Ham and potato scallop with carrots Digestive cookie Milk	Fresh fruit tray – minimum 3 fruit Whole grain cracker Water
Wednesday 1	Yogurt with fruit Water	Homemade macaroni & cheese with tuna salad Bananas Milk	Graham crackers with honey (cheese for under 12 mos) Milk
Thursday 1	Cinnamon Pita triangles with apple sauce Water	Chicken & cheese quesadilla with salsa and/or sour cream Fruit juice pop Milk	Multi-grain bagel with honey (cheese cubes for under 12 mos) 100% fruit juice
Friday 1	Melon (2 varieties) with graham wafer Water	Cream of Broccoli Soup with whole grain bread slice Chewy coconut cookie Milk	Apple spice muffin and sliced apples Water

WEEK 2	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 2	Yogurt with fruit Water	Chicken and broccoli alfredo with whole wheat rotini Orange pineapple muffin Milk	Bruschetta on multi-grain baguette 100% fruit juice
Tuesday 2	Banana Bread 100% fruit juice	Egg salad, chicken salad and ham and cheese wraps Apple slices Milk	Seasonal Fruit (2 varieties) with graham wafer Water
Wednesday 2	Apple sauce with digestive cookie Water	Broccoli & cheese quiche Multi-grain bread Banana Milk	Fresh vegetable tray with tzatziki dip Water
Thursday 2	Fresh fruit tray – minimum 3 fruit Water	Whole wheat english muffin pizza with meat sauce, veggies & cheese topping Watermelon Wedges Milk	Pita triangles with hummus & salsa Milk
Friday 2	Blueberry bran muffin Apple slices Milk	Tuna and egg noodle casserole with peas Yogurt & fruit popsicle Milk	Banana & graham wafer Water

WEEK 3	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 3	Bananas and graham cracker Milk	Chili with veggies & ground beef Multi-grain bread Ginger Snap Cookie Milk	Yogurt fruit bark & digestive cookie Water
Tuesday 3	Multi-grain crackers and cheese cubes 100% fruit juice	Cream of Vegetable soup Grilled cheese on multi-grain bread Banana Milk	Fresh vegetable tray with tzatziki Milk
Wednesday 3	Toasted cinnamon pita chips with applesauce dip Water	Ham, mashed potatoes and peas and carrots Apple Spice Cake Milk	Cream cheese pinwheels on spinach or sundried tomato tortillas 100% fruit juice
Thursday 3	Fresh fruit tray – 3 fruits Graham crackers Water	Chicken and rice casserole with peas Oatmeal chocolate chip cookie Milk	Multi-grain bagels with whipped cream cheese & fruit Water
Friday 3	Peaches in juice with digestive cookie Water	Baked haddock with mashed potatoes & green beans & homemade tartar sauce Melon wedges Milk	Sliced apple with multi-grain crackers Water

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	Chicken breast with mashed potatoes and carrots Apple Square Cookie Milk	Melon (2 varieties) with graham wafer Water
Wednesday 4	Applesauce and digestive cookie Water	Lasagna and side salad with homemade dressing Bananas Milk	Fresh vegetable tray with tzatziki Milk
Thursday 4	Fresh fruit tray – 3 fruits Milk	Veggie egg bake with cheese, spinach, carrot & hash browns Healthy banana cookie Milk	Bananas and digestive cookie Water
Friday 4	Toasted cinnamon pita with applesauce dip Water	Kitchen Sink soup with slice of multi-grain bread Yogurt & fruit pop Milk	Bruschetta on multi-grain baguette 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.

Revised September 2020