

## Preschool - Small Blessings Menu – Four Week Rotation

<b>WEEK 1</b>	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>AFTERNOON SNACK</b>
Monday <b>1</b>	Bananas with digestive cookie Water	Whole wheat spaghetti with vegetable & meat sauce Slice of multi-grain bread Melon Wedges Milk	Blueberry bran muffin and apple slices Water
Tuesday <b>1</b>	Cinnamon quick bread with sliced apple Milk	Ham, roast potatoes, with carrots Peaches in Juice Milk	Pita triangles with hummus or salsa 100% fruit juice
Wednesday <b>1</b>	Yogurt with fruit and granola Water	Chicken Rice Soup and whole wheat soda biscuit Apple Square Cookie Milk	Graham crackers with honey (cheese for under 12 mos) Milk
Thursday <b>1</b>	Cinnamon Pita triangles with apple sauce Water	Baked haddock with mashed potatoes & green beans & homemade tartar sauce Watermelon Milk	Delicious shredded carrot and zucchini bars 100% fruit juice
Friday <b>1</b>	Melon (2 varieties) with graham wafer Water	Veggie Egg Bake with slice of multi-grain bread Banana Milk	Sliced apples and multi-grain crackers Water

<b>WEEK 2</b>	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>AFTERNOON SNACK</b>
Monday <b>2</b>	Yogurt with fruit and graham wafer Water	Corn, carrot and potato chowder with whole wheat soda biscuit. Melon Wedges Milk	Pita triangles with hummus or salsa 100% fruit juice
Tuesday <b>2</b>	Banana Bread and banana Milk	Egg salad, chicken salad and ham and cheese wraps Apple slices Milk	Multi-grain bagel with honey (cheese cubes for under 12 mos) 100% fruit juice
Wednesday <b>2</b>	Seasonal Fruit (2 varieties) with graham wafer Water	Chicken breast with mashed potatoes and green beans Peaches in Juice Milk	Strawberry and apple sauce with digestive cookie Water
Thursday <b>2</b>	Multi-grain crackers and cheese cubes 100% fruit juice	Whole wheat english muffin pizza with meat sauce, veggies & cheese topping Apple Spice Cake Milk	Banana & graham wafer Water
Friday <b>2</b>	Apple cinnamon muffin with apple slices Milk	Tuna noodle casserole with peas Yogurt & fruit popsicle Milk	Delicious shredded carrot and zucchini bars Water

<b>WEEK 3</b>	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>AFTERNOON SNACK</b>
Monday <b>3</b>	Bananas and graham cracker Milk	Meatloaf, roast potatoes, and peas Ginger Snap Cookie Milk	Yogurt fruit bark & digestive cookie Water
Tuesday <b>3</b>	Toasted cinnamon pita chips with applesauce dip Water	Homemade tomato soup with grilled cheese sandwich on multi-grain bread Banana Milk	Pumpkin spice muffin and apple slices Milk
Wednesday <b>3</b>	Peaches in juice with digestive cookie Water	Ham, scalloped potatoes and carrots Melon wedges Milk	Cream cheese pinwheels on spinach or sundried tomato tortillas Water
Thursday <b>3</b>	Fresh fruit tray – 3 fruits Graham crackers Water	Curry chicken with brown rice and green beans Orange pineapple muffin Milk	Pita triangles with hummus or salsa 100% fruit juice
Friday <b>3</b>	Multi-grain crackers and cheese cubes 100% fruit juice	Homemade macaroni & cheese with tuna salad Watermelon Milk	Sliced apple with multi-grain crackers Water

<b>WEEK 4</b>	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>AFTERNOON SNACK</b>
Monday <b>4</b>	Apple slices and multi-grain crackers Water	Chicken breast with mashed potatoes and carrots Banana Milk	Pita triangles with hummus or salsa 100% fruit juice
Tuesday <b>4</b>	Yogurt with fruit and granola Water	Tuna melt on whole wheat english muffin Healthy banana cookie Milk	Melon (2 varieties) with graham wafer Water
Wednesday <b>4</b>	Berry Baked Almond Bars and apple slices Milk	Honey garlic ground beef/pork meatballs with brown rice & green beans Watermelon wedges Milk	Applesauce and digestive cookie Water
Thursday <b>4</b>	Peaches in juice with digestive cookie Milk	Veggie lasagna and chopped salad with homemade dressing Carrot and honey loaf Milk	Bananas and digestive cookie Water
Friday <b>4</b>	Toasted cinnamon pita with strawberry applesauce dip Water	Chicken & cheese quesadilla with salsa and/or sour cream and Spanish rice Fruit juice pop Milk	Multi-grain bagel with honey (cheese cubes for under 12 mos) 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 October 2021