

# Preschool Weekly Menu

Monday

## Breakfast

- Pancakes
- Apples
- Milk



\*Or Seasonal Fruit/Veggie

Tuesday

## Breakfast

- WW Cinnamon Toast
- Peaches
- Milk



\*Or Seasonal Fruit/Veggie

Wednesday

## Breakfast

- Oatmeal
- Bananas
- Milk



\*Or Seasonal Fruit/Veggie

Thursday

## Breakfast

- Cream of Wheat
- Oranges/raisins
- Milk



\*Or Seasonal Fruit/Veggie

Friday

## Breakfast

- Cheerios
- Berries
- Milk



\*Or Seasonal Fruit/Veggie

## Lunch

### Egg Salad Sandwich

- Egg Salad
- WW Bread
- Vegetable Soup
- Pears
- Milk



\*Or Seasonal Fruit/Veggie

## Lunch

### Turkey Chili

- Turkey, Beans & Cheese
- Oranges
- Broccoli
- Cornbread
- Milk



\*Or Seasonal Fruit/Veggie

## Lunch

### Parmesan Chicken

- Sweet Potatoes
- Baked Apple Slices
- Biscuits
- Milk



\*Or Seasonal Fruit/Veggie

## Lunch

### Barritos

- Refried Beans
- Cheese
- WW Tortilla
- Lettuce & Tomato
- Peaches
- Milk



\*Or Seasonal Fruit/Veggie

## Lunch

### Pasta & Ground Beef

- WW Pasta
- Beef w/ Tomato Sauce
- Carrot coins
- Pineapple
- Milk



\*Or Seasonal Fruit/Veggie

## PM Snack

### Quesadilla

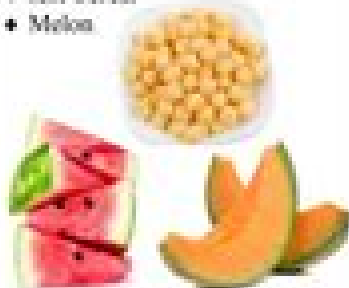
- Corn Tortilla
- Cheese



\*Or Seasonal Fruit/Veggie

## PM Snack

- Kix Cereal
- Melon



\*Or Seasonal Fruit/Veggie

## PM Snack

- String Cheese
- Assorted Veggies



\*Or Seasonal Fruit/Veggie

## PM Snack

### Tuna Sandwich Squares

- Tuna
- WW Bread



\*Or Seasonal Fruit/Veggie

## PM Snack

- Cottage Cheese
- Apples & Cinnamon



\*Or Seasonal Fruit/Veggie

# Sample Lunch And Snack Menu For Preschoolers

**M Walker**



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