

Early Arts Preschool 2-week Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM
ritz crackers	yogurt, mixed nuts	goldfish	yogurt, nuts and seeds	whole grain crackers
blueberries	orange	strawberries	tangerines	carrots
1% milk	1% milk	1% milk	1% milk	1% milk
LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM
whole wheat toast	ritz crackers	whole grain crackers	whole grain bread	rye bread
ham/cheese slices	beef baked or stew/cashews	omlet	bbq chicken/mixed nuts	mozzarella shredd.cheese
broccoli	pepper	string beans	tomato	zuccinni
raisins	blueberries	orange	strawberries	tangerines
1% milk	1% milk	1% milk	1% milk	1% milk
PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM
graham crackers	whole wheat cheerios	dry chickpeas	whole grain crackers	goldfish
banana	raisins	blueberries	orange	strawberries

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM	BREAKFAST 9:00-9:30AM
whole wheat saltine	mozzarella string cheese	club crackers	whole wheat crackers	whole wheat cheerios
dry chickpeas	apple	cucumber	banana	raisins
1% milk	1% milk	1% milk	1% milk	1% milk
LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM	LUNCH 12:00-12:30 PM
spaghetti	rye bread	macaroni	club crackers	white bread
cheddar shredded cheese	turkey meatloaf/dry chickpeas	hard boiled egg	mozzarella string cheese	baked salmon/cashew nuts
carrots	tangerine	apple	cucumber	banana
celery	peas	beans	chickpeas	corn
1% milk	1% milk	1% milk	1% milk	1% milk
PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM	PM SNACK 3:00-3:30 PM
yogurt, peacans	ritz crackers	whole wheat saltine	cheese crackers	club crackers
tangerines	carrots	dry chickpeas	apple	cucumber

Water is offered with every meal and throughout the day.