Weekly Snack & Lunch Menu

| January 25 <sup>th</sup> – 29 <sup>th</sup> | Monday          | Tuesday           | Wednesday         | Thursday      | Friday           |  |  |
|---|-----------------|-------------------|-------------------|---------------|------------------|--|--|
|   |                 |                   | Preschool         |               |                  |  |  |
|   | Whole Grain     | Cinnamon Greek    | Cheerios &        | Hummus &      | Cooking          |  |  |
|   | Cracker & Fresh | Yogurt Dip &      | Fresh Fruit       | Carrots       | Waffles & Milk   |  |  |
| AM Snack                                    | Fruit           | Apples            |                   |               |                  |  |  |
|   |                 |                   | Infant & Toddlers |               |                  |  |  |
|   | Whole Grain     | Cinnamon Greek    | Cheerios &        | Hummus &      | Cooking          |  |  |
|   | Cracker & Fresh | Yogurt Dip &      | Fresh Fruit       | Carrots       | Waffles & Milk   |  |  |
|   | Fruit           | Apples            |                   |               |                  |  |  |
|   | Split Pea Soup  | Cucumber and      | Ground Beef       | Chicken,      | "Make Your       |  |  |
| Lunch                                       | with Carrots,   | Cream Cheese      | with Broccoli,    | Veggies and   | Own Tacos"       |  |  |
|   | Tortilla,       | Sandwich          | Brown Rice,       | Rice Soup,    | (Lettuce,        |  |  |
|   | Melon & Milk    | Oranges & Milk    | Melon & Milk      | Apples & Milk | tomatoes, cheese |  |  |
|   |                 |                   |                   |               | and chicken),    |  |  |
|   |                 |                   |                   |               | Oranges & Milk   |  |  |
|   | Preschool       |                   |                   |               |                  |  |  |
|   | Yogurt &        | Cheese Cubes &    | Oranges &         | Pears & Pita  | Pretzels         |  |  |
|   | Apples          | Pears             | Multi-Grain       | Bread         | &Bananas         |  |  |
| PM Snack                                    |                 |                   | Rice Crackers     |               |                  |  |  |
|   |                 | Infant & Toddlers |                   |               |                  |  |  |
|   | Yogurt &        | Cheese Cubes &    | Oranges &         | Pears & Pita  | Graham           |  |  |
|   | Apples          | Pears             | Multi-Grain       | Bread         | Crackers         |  |  |
|   |                 |                   | Rice Crackers     |               | & Bananas        |  |  |

| Feb 1 <sup>st</sup> – 5 <sup>th</sup> | Monday            | Tuesday         | Wednesday         | Thursday        | Friday          |  |  |
|---------------------------------------|-------------------|-----------------|-------------------|-----------------|-----------------|--|--|
|                                       | Preschool         |                 |                   |                 |                 |  |  |
|                                       | Whole Grain       | Cube Cheese &   | English Muffin    | Cooking         | Graham          |  |  |
|                                       | Crackers &        | Pita Bread      | & Yogurt          | Scrambled Eggs  | Crackers &      |  |  |
| AM Snack                              | Fresh Fruit       |                 |                   | & Milk          | Apples          |  |  |
|                                       |                   |                 | Infant & Toddlers |                 |                 |  |  |
|                                       | Whole Grain       | Cube Cheese &   | English Muffin    | Cooking         | Graham          |  |  |
|                                       | Crackers &        | Pita Bread      | & Yogurt          | Scrambled Eggs  | Crackers &      |  |  |
|                                       | Fresh Fruit       |                 |                   | & Milk          | Apples          |  |  |
|                                       | Cuillad Chassa    | Chialan Naadla  | Vacatable Deef    | O d:11          | Chialan Stin    |  |  |
|                                       | Grilled Cheese    | Chicken, Noodle | Vegetable ,Beef   | Quesadillas     | Chicken, Stir   |  |  |
| Lunch                                 | Sandwich,         | and Vegetables  | & Rice Soup,      | Mixed           | Fry Vegetables, |  |  |
|                                       | Green Beans,      | Casserole,      | Apples & Milk     | Vegetables      | Rice, Pears &   |  |  |
|                                       | Apples & Milk     | Apples & Milk   |                   | Pears & Milk    | Milk            |  |  |
|                                       | Preschool         |                 |                   |                 |                 |  |  |
|                                       | Cheerios &        | Graham          | Fresh Fruit &     | Banana and Milk | Hummus &        |  |  |
|                                       | 100% Grape        | Crackers &      | Pretzels          | Smoothie        | Carrots         |  |  |
| PM Snack                              | Juice             | Oranges         |                   | w/Oats          |                 |  |  |
|                                       | Infant & Toddlers |                 |                   |                 |                 |  |  |
|                                       | Cheerios &        | Graham          | Fresh Fruit &     | Banana and Milk | Hummus &        |  |  |
|                                       | 100% Grape        | Crackers &      | Cereal            | Smoothie        | Carrots         |  |  |
|                                       | Juice             | Oranges         |                   | w/Oats          |                 |  |  |

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily Menu Subject to Change

Weekly Snack & Lunch Menu

| Feb 8 <sup>th</sup> – 12 <sup>th</sup> | Monday            | Tuesday          | Wednesday         | Thursday       | Friday        |  |  |
|--|-------------------|------------------|-------------------|----------------|---------------|--|--|
|  | Preschool         |                  |                   |                |               |  |  |
|  | Graham            | Cooking          | Cucumber Slices   | Bagels with    | Pita Bread &  |  |  |
|  | Crackers          | Pancakes &       | &                 | Cream Cheese & | Apples        |  |  |
| AM Snack                               | & Apples          | Milk             | Hummus            | 100% Orange    |               |  |  |
|  |                   |                  |                   | Juice          |               |  |  |
|  |                   |                  | Infant & Toddlers |                |               |  |  |
|  | Graham            | Cooking          | Cucumber Slices   | Bagels with    | Pita Bread &  |  |  |
|  | Crackers          | Waffles & Milk   | &                 | Cream Cheese & | Apples        |  |  |
|  | &                 |                  | Hummus            | 100% Orange    |               |  |  |
|  | Apples            |                  |                   | Juice          |               |  |  |
|  | Chicken           | Broccoli & Beef, | Chicken Noodle    | Teriyaki       | Lasagna,      |  |  |
| Lunch                                  | Nuggets           | Potatoes,        | & Veggie Soup,    | Chicken,       | Pears         |  |  |
|  | "Tater Tots"      | Pears            | Melon             | Brown Rice,    | & Milk        |  |  |
|  | Mixed Veggies     | & Milk           | & Milk            | Green Beans,   |               |  |  |
|  | Oranges & Milk    |                  |                   | Oranges & Milk |               |  |  |
|  |                   |                  | Preschool         |                |               |  |  |
|  | Yogurt            | Cube Cheese &    | Wheat English     | Multi-Grain    | Cheerios      |  |  |
|  | & Fresh Fruit     | Pretzels         | Muffin            | Rice Crackers  | & Fresh Fruit |  |  |
| PM Snack                               |                   |                  | & Fresh Fruit     | & Bananas      |               |  |  |
|  | Infant & Toddlers |                  |                   |                |               |  |  |
|  | Yogurt            | Cube Cheese &    | Wheat English     | Multi-Grain    | Cheerios      |  |  |
|  | &                 | Whole Grain      | Muffin            | Rice Crackers  | &             |  |  |
|  | Fresh Fruit       | Cracker          | & Fresh Fruit     | &              | Fresh Fruit   |  |  |
|  |                   |                  |                   | Bananas        |               |  |  |

| Feb 15 <sup>th</sup> – 19 <sup>th</sup> | Monday            | Tuesday         | Wednesday                    | Thursday        | Friday         |  |  |
|---|-------------------|-----------------|------------------------------|-----------------|----------------|--|--|
|   |                   |                 | Preschool                    |                 |                |  |  |
|   | HOLIDAY           | Hummus &        | Cooking                      | Graham          | Cheese Cubes & |  |  |
|   | SCHOOL            | Carrots         | Quesadilla                   | Crackers & Milk | Apples         |  |  |
| AM Snack                                | CLOSED            |                 |                              |                 |                |  |  |
|   |                   |                 | <b>Infant &amp; Toddlers</b> |                 |                |  |  |
|   | HOLIDAY           | Hummus &        | Strips of Tortilla           | Graham          | Cheese Cubes & |  |  |
|   | SCHOOL            | Carrots         | & Cheese                     | Crackers        | Apples         |  |  |
|   | CLOSED            |                 |                              | & Milk          |                |  |  |
|   | HOLIDAY           | Baked Chicken,  | Spaghetti with               | Vegetable, Beef | Mac & Cheese,  |  |  |
|   | SCHOOL            | Mashed          | Meat Sauce,                  | and Rice Soup,  | Mixed          |  |  |
| Lunch                                   | CLOSED            | Potatoes, Green | Peas, Apples                 | Oranges         | Vegetables,    |  |  |
|   |                   | Beans, Melon &  | & Milk                       | & Milk          | Pears & Milk   |  |  |
|   |                   | Milk            |                              |                 |                |  |  |
|   |                   |                 |                              |                 |                |  |  |
|   | Preschool         |                 |                              |                 |                |  |  |
|   | HOLIDAY           | Wheat English   | Whole Grain                  | Yogurt &        | Pita Bread     |  |  |
|   | SCHOOL            | Muffin          | Crackers                     | Apples          | With Cream     |  |  |
| PM Snack                                | CLOSED            | &               | &                            |                 | Cheese         |  |  |
|   |                   | Fresh Fruit     | Oranges                      |                 |                |  |  |
|   | Infant & Toddlers |                 |                              |                 |                |  |  |
|   | HOLIDAY           | Wheat English   | Whole Grain                  | Yogurt &        | Pita Bread     |  |  |
|   | SCHOOL            | Muffin          | Crackers                     | Apples          | With Cream     |  |  |
|   | CLOSED            | &               | &                            |                 | Cheese         |  |  |
|   |                   | Fresh Fruit     | Oranges                      |                 |                |  |  |

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily

Weekly Snack & Lunch Menu

Menu Subject to Change

| Feb. 22 <sup>nd</sup> – 26 <sup>th</sup> | Monday            | Tuesday         | Wednesday        | Thursday       | Friday         |  |
|--|-------------------|-----------------|------------------|----------------|----------------|--|
|  |                   |                 | Preschool        |                |                |  |
|  | Yogurt &          | Graham          | Herb Greek       | Cube Cheese &  | Cooking        |  |
|  | Apples            | Crackers        | Yogurt Dip &     | Fresh Fruit    | Tortilla with  |  |
| AM Snack                                 |                   | & Pears         | Carrots          |                | Butter & Milk  |  |
|  | Infant & Toddlers |                 |                  |                |                |  |
|  | Yogurt &          | Graham          | Herb Greek       | Cottage Cheese | Tortilla       |  |
|  | Apples            | Crackers        | Yogurt Dip &     | & Whole Grain  | & Milk         |  |
|  |                   | & Pears         | Carrots          | Crackers       |                |  |
|  | Turkey, Grilled   | Pizza,          | "Chili Con       | Baked Chicken, | Chicken,       |  |
|  | Cheese            | Salad,          | Carne" Broccoli, | Brown Rice,    | Vegetables and |  |
| Lunch                                    | Sandwich, Green   | Oranges & Milk  | Apples & Milk    | Carrots, Melon | Noodles        |  |
|  | Beans, Oranges    |                 |                  | & Milk         | Casserole      |  |
|  | & Milk            |                 |                  |                | Melon & Milk   |  |
|  | Preschool         |                 |                  |                |                |  |
|  | Whole Grain       | Hard Boiled Egg | Oranges &        | Hummus & Pita  | Pretzels &     |  |
|  | Cracker &         | & Cheerios      | Cheerios         | Bread          | Bananas        |  |
| PM Snack                                 | Cottage Cheese    |                 |                  |                |                |  |
|  | Infant & Toddlers |                 |                  |                |                |  |
|  | Whole Grain       | Hard Boiled Egg | Oranges &        | Hummus & Pita  | Cheerios &     |  |
|  | Cracker & 100%    | & Cheerios      | Cheerios         | Bread          | Bananas        |  |
|  | Pineapple Juice   |                 |                  |                |                |  |

| Feb 29 <sup>th</sup> - March 4 <sup>th</sup> | Monday        | Tuesday                          | Wednesday                | Thursday                        | Friday          |
|--|---------------|----------------------------------|--------------------------|---------------------------------|-----------------|
|  |               |                                  | Preschool                |                                 |                 |
|  | Multi-Grain   | Cooking                          | Graham                   | Apples & Wheat                  | Pita Bread &    |
|  | Rice Crackers | Scrambled Eggs                   | Crackers & Milk          | English Muffin                  | Fresh Fruit     |
| AM Snack                                     | &             | & Oranges                        |                          |                                 |                 |
|  | Fresh Fruit   |                                  |                          |                                 |                 |
|  |               |                                  | Infant & Toddlers        |                                 |                 |
|  | Multi-Grain   | Cooking                          | Graham                   | Apples & Wheat                  | Pita Bread &    |
|  | Rice Crackers | Scrambled Eggs                   | Crackers &               | English Muffin                  | Fresh Fruit     |
|  | &             | & Oranges                        | Milk                     |                                 |                 |
|  | Fresh Fruit   |                                  |                          |                                 |                 |
|  | Fish Sticks   | Mac n 'Cheese                    | Chicken                  | "Make Your                      | Minestrone Soup |
|  | "Tater Tots"  | Mixed                            | Quesadillas,             | Own Tacos"                      | Pears & Milk    |
| Lunch  | Green Beans   | Vegetables                       | Peas                     | (Lettuce,                       |                 |
|  | Melon & Milk  | Apples & Milk                    | Oranges & Milk           | tomatoes, cheese                |                 |
|  |               |                                  |                          | and beef), Pears                |                 |
|  |               |                                  |                          | & Milk                          |                 |
|  |               |                                  |                          |                                 |                 |
|  | Preschool     |                                  |                          |                                 |                 |
|  | Cheese &      | Yogurt & Whole                   | Banana, Oats             | Herb Greek                      | Hummus &        |
| <b>73.</b> 5 G                               | Cheerios      | Grain Crackers                   | and Milk                 | Yogurt Dip &                    | Carrot Sticks   |
| PM Snack                                     |               |                                  | Smoothie                 | Cucumber Slices                 |                 |
|  |               |                                  | Infant & Toddlers        |                                 |                 |
|  | Classes 0     | Vaccent 0- Whale                 |                          |                                 | TT 0-           |
|  | Cheese &      | Yogurt & Whole<br>Grain Crackers | Banana, Oats<br>and Milk | Herb Greek                      | Hummus &        |
|  | Cheerios      | Grain Crackers                   | Smoothie                 | Yogurt Dip &<br>Cucumber Slices | Carrots Sticks  |
|  |               |                                  | Sinoonne                 | Cucumber Sinces                 |                 |
|  |               |                                  |                          |                                 |                 |

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily

Weekly Snack & Lunch Menu

#### Menu Subject to Change

| March 7 <sup>th</sup> - 11 <sup>th</sup> | Monday            | Tuesday        | Wednesday                    | Thursday        | Friday           |  |  |
|--|-------------------|----------------|------------------------------|-----------------|------------------|--|--|
|  |                   |                | Preschool                    |                 |                  |  |  |
|  | Multi-Grain       | Oranges &      | Bagel,                       | Cooking         | Yogurt & Fresh   |  |  |
|  | Rice Crackers &   | Wheat English  | Cream Cheese                 | Toast with      | Fruit            |  |  |
| AM Snack                                 | Fresh Fruit       | Muffin         | & 100% Orange                | Butter &        |                  |  |  |
|  |                   |                | Juice                        | Fresh Fruit     |                  |  |  |
|  |                   |                | <b>Infant &amp; Toddlers</b> |                 |                  |  |  |
|  | Multi-Grain       | Oranges &      | Bagel,                       |                 | Yogurt & Fresh   |  |  |
|  | Rice Crackers &   | Wheat English  | Cream Cheese                 | Strips of Bread | Fruit            |  |  |
|  | Fresh Fruit       | Muffin         | & 100% Orange                | & Fresh Fruit   |                  |  |  |
|  |                   |                | Juice                        |                 |                  |  |  |
|  | Turkey and        | Split Pea Soup | Baked Chicken,               | Pizza, Salad,   | Spaghetti with   |  |  |
| Lunch                                    | Cheese            | with carrots,  | Brown Rice,                  | Apples & Milk   | Meat Sauce,      |  |  |
|  | Sandwich,         | Apples & Milk  | Mixed Veggies,               |                 | Peas, Apples &   |  |  |
|  | Carrots, Melon    |                | Oranges & Milk               |                 | Milk             |  |  |
|  | & Milk            |                |                              |                 |                  |  |  |
|  | Preschool         |                |                              |                 |                  |  |  |
|  | Cheese Cubes &    | Graham         | Hummus & Pita                | Cheerios &      | Carrots sticks & |  |  |
|  | Pretzels          | Crackers       | Bread                        | Bananas         | Herb Greek       |  |  |
| PM Snack                                 |                   | &              |                              |                 | Yogurt Dip       |  |  |
|  |                   | Melon          |                              |                 |                  |  |  |
|  | Infant & Toddlers |                |                              |                 |                  |  |  |
|  | Cheese Cubes &    | Graham         | Hummus & Pita                | Cheerios &      | Carrots sticks & |  |  |
|  | Whole Grain       | Crackers       | Bread                        | Bananas         | Herb Greek       |  |  |
|  | Crackers          | &              |                              |                 | Yogurt Dip       |  |  |
|  |                   | Melon          |                              |                 |                  |  |  |

| March 14 <sup>th</sup> – 18 <sup>th</sup> | Monday         | Tuesday        | Wednesday                    | Thursday      | Friday        |  |
|---|----------------|----------------|------------------------------|---------------|---------------|--|
|   |                |                | Preschool                    |               |               |  |
|   | Cereal         | Hummus &       | Cooking                      | Cheerios &    | Graham        |  |
|   | &              | Carrots        | Oatmeal & Milk               | Pears         | Crackers      |  |
| AM Snack                                  | 100% Juice     |                |                              |               | & Fresh Fruit |  |
|   |                |                | <b>Infant &amp; Toddlers</b> |               |               |  |
|   | Cereal         | Hummus &       | Cooking                      | Cheerios &    | Graham        |  |
|   | &              | Carrots        | Oatmeal & Milk               | Pears         | Crackers      |  |
|   | 100% Juice     |                |                              |               | & Fresh Fruit |  |
|   | Chicken        | Meat Loaf      | Lentil Soup,                 | BBQ Chicken,  | Macaroni &    |  |
| Lunch                                     | Nuggets        | Brown Rice     | Carrots, Tortilla,           | Mashed        | Beef,         |  |
|   | "Tater Tots"   | Green Beans    | Melon & Milk                 | Potatoes,     | Peas,         |  |
|   | Carrots, Fresh | Melon          |                              | Mixed         | Apples        |  |
|   | Fruit & Milk   | & Milk         |                              | Vegetables,   | & Milk        |  |
|   |                |                |                              | Pears         |               |  |
|   |                |                |                              | & Milk        |               |  |
|   | Preschool      |                |                              |               |               |  |
|   | Whole Grain    | Wheat English  | Greek Yogurt                 | Banana & Milk | Pretzels &    |  |
|   | Crackers &     | Muffin & Cream | Cinnamon Dip                 |               | Cheese        |  |
| PM Snack                                  | Oranges        | Cheese         | & Apples                     |               |               |  |
|   |                |                | <b>Infant &amp; Toddlers</b> |               |               |  |
|   | Whole Grain    | Wheat English  | Greek Yogurt                 | Banana & Milk | Whole Grain   |  |
|   | Crackers &     | Muffin & Cream | Cinnamon Dip                 |               | Crackers &    |  |
|   | Oranges        | Cheese         | & Apples                     |               | Cheese        |  |

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## **Children's Village Preschool**

Weekly Snack & Lunch Menu

Water is served throughout the day and with lunch and snacks- 5:00 PM fruit snack daily Menu Subject to Change