

# Children's Village Preschool

## Weekly Snack & Lunch Menu

| October 12 <sup>th</sup> - 16 <sup>th</sup> | Monday  | Tuesday   | Wednesday                                      | Thursday                                       | Friday   |
|---|---|---|--|--|--|
| <b>AM Snack</b>                             | <b>Preschool</b>                                    |   |  |  |  |
|   | Whole Grain Cracker & Fruit                         | Cheerios & Pears                                  | Cinnamon Greek Yogurt Dip & Apples             | Hummus & Celery Sticks                         | <i>Cooking</i> Waffles & Milk  |
|   | <b>Infant &amp; Toddlers</b>                        |   |  |  |  |
|   | Whole Grain Cracker & Fruit                         | Cheerios & Pears                                  | Cinnamon Greek Yogurt Dip & Apples             | Hummus & Broccoli                              | Waffles & Milk   |
| <b>Lunch</b>                                | Split Pea Soup with Carrots, Tortilla, Melon & Milk | Cucumber and Cream Cheese Sandwich, Apples & Milk | Spaghetti with Meat Sauce & Peas, Fruit & Milk | Chicken, Veggies and Rice Soup, Oranges & Milk | Creamy Tomato Chicken, Vegetable & Penne Pasta Casserole, Pears & Milk |
| <b>PM Snack</b>                             | <b>Preschool</b>                                    |   |  |  |  |
|   | Cheese Cubes & Pears                                | Fruit & Pita Bread                                | Oranges & Multi-Grain Rice Crackers            | Yogurt & Melon                                 | Pretzels & Bananas   |
|   | <b>Infant &amp; Toddlers</b>                        |   |  |  |  |
|   | Cheese Cubes & Pears                                | Fruit & Pita Bread                                | Oranges & Multi-Grain Wheat Crackers           | Yogurt & Melon                                 | Graham Crackers & Bananas  |

| October 19 <sup>th</sup> - 23 <sup>rd</sup> | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|---|--|--|--|
| <b>AM Snack</b>                             | <b>Preschool</b>                                    |   |  |  |  |
|   | Whole Grain Crackers & Fruit                        | Cube Cheese & Pita Bread                                      | English Muffin & Yogurt                          | <i>Cooking</i> Scrambled Eggs & Milk                   | Graham Crackers & Bananas  |
|   | <b>Infant &amp; Toddlers</b>                        |   |  |  |  |
|   | Whole Grain Crackers & Fruit                        | Cube Cheese & Pita Bread                                      | English Muffin & Yogurt                          | Scrambled Eggs & Milk                                  | Graham Crackers & Bananas  |
| <b>Lunch</b>                                | Grilled Cheese Sandwich with Spinach, Apples & Milk | Chicken, Penne Pasta and Vegetables Casserole, Oranges & Milk | Vegetable, Beef & Rice/Quinoa Soup, Fruit & Milk | Broccoli with Beef & Quinoa & Brown Rice, Melon & Milk | Chicken Stir Fry Vegetables with Quinoa & Brown Rice, Pears & Milk |
| <b>PM Snack</b>                             | <b>Preschool</b>                                    |   |  |  |  |
|   | Chex Cereal & 100% Grape Juice                      | Graham Crackers & Pears                                       | Apples & Pretzels                                | Berries, Banana and Milk Smoothie w/Oats               | Hummus & Carrots   |
|   | <b>Infant &amp; Toddlers</b>                        |   |  |  |  |
|   | Chex Cereal & Cottage Cheese                        | Graham Crackers & Cottage Cheese                              | Apples & Cereal                                  | Berries, Banana and Milk Smoothie w/Oats               | Hummus & Carrots   |

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

**Menu Subject to Change**

# Children's Village Preschool

## Weekly Snack & Lunch Menu

| October 26 <sup>th</sup> – 30 <sup>th</sup> | Monday  | Tuesday                                 | Wednesday                                  | Thursday  | Friday                     |
|---|---|---|--|---|----------------------------|
| <b>AM Snack</b>                             | <b>Preschool</b>  |   |  |   |                            |
|   | Graham Crackers & Apples  | <i>Cooking</i><br>Pancakes & Milk       | Cucumber Slices & Hummus                   | Bagels with Cream Cheese & 100% Orange Juice            | Pita Bread & Apples        |
|   | <b>Infant &amp; Toddlers</b>  |   |  |   |                            |
|   | Graham Crackers & Apples  | Waffles & Milk                          | Cucumber Slices & Hummus                   | Bagels with Cream Cheese & 100% Orange Juice            | Pita Bread & Apples        |
| <b>Lunch</b>                                | Chicken Nuggets, Slice of Wheat Bread, Sautéed Broccoli, Oranges & Milk | Quesadillas with Spinach, Apples & Milk | Chicken Quinoa & Veggie Soup, Fruit & Milk | Teriyaki Chicken, Brown Rice, Green Beans, Melon & Milk | Meat Lasagna, Pears & Milk |
| <b>PM Snack</b>                             | <b>Preschool</b>  |   |  |   |                            |
|   | Kix Cereal & Fruit  | Cube Cheese & Pretzels                  | Wheat English Muffin & Apples              | Multi-Grain Rice Crackers & Bananas                     | Yogurt & Fruit             |
|   | <b>Infant &amp; Toddlers</b>  |   |  |   |                            |
|   | Kix Cereal & Fruit  | Cube Cheese & Whole Grain Cracker       | Wheat English Muffin & Apples              | Multi-Grain Crackers & Bananas                          | Yogurt & Fruit             |

| November 2 <sup>nd</sup> – 6 <sup>th</sup> | Monday   | Tuesday   | Wednesday  | Thursday   | Friday                                     |
|--|--|---|--|--|--|
| <b>AM Snack</b>                            | <b>Preschool</b>                                 |   |  |  |  |
|  | Multi-Grain Cheerios & 100% Juice                | Hummus & Carrots  | <i>Cooking</i><br>Quesadilla                                   | Cheese Cubes & Apples                                | Graham Crackers & Milk                     |
|  | <b>Infant &amp; Toddlers</b>                     |   |  |  |  |
|  | Multi-Grain Cheerios & 100% Juice                | Hummus & Carrots  | Quesadilla   | Cheese Cubes & Apples                                | Graham Crackers & Milk                     |
| <b>Lunch</b>                               | Lentil Soup with Carrots, Tortilla, Pears & Milk | Baked Chicken, Mashed Potatoes, Green Beans, Fruit & Milk | Ground Beef with Broccoli & Quinoa & Brown Rice, Apples & Milk | Vegetable, Beef and Rice/Quinoa Soup, Oranges & Milk | Mac & Cheese, Peas & Carrots, Melon & Milk |
| <b>PM Snack</b>                            | <b>Preschool</b>                                 |   |  |  |  |
|  | Apples & Cube Cheese                             | Pita Bread With Cream Cheese                              | Whole Grain Crackers & Oranges                                 | Cheerios & Bananas                                   | Wheat English Muffin & Pears               |
|  | <b>Infant &amp; Toddlers</b>                     |   |  |  |  |
|  | Apples & Cube Cheese                             | Pita Bread With Cream Cheese                              | Whole Grain Crackers & Oranges                                 | Cheerios & Bananas                                   | Wheat English Muffin & Pears               |

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

**Menu Subject to Change**

# Children's Village Preschool

## Weekly Snack & Lunch Menu

| November 9 <sup>th</sup> – 13 <sup>th</sup> | Monday   | Tuesday   | Wednesday            | Thursday  | Friday  |
|---|--|---|----------------------|---|---|
| <b>AM Snack</b>                             | <b>Preschool</b>                                       |   |                      |   |   |
|   | Chex Cereal & Apples                                   | Hummus & Pita Bread                               | <i>School Closed</i> | Milk & Kix Cereal                                 | <i>Cooking</i><br>Tortilla with Butter & Milk                         |
|   | <b>Infant &amp; Toddlers</b>                           |   |                      |   |   |
|   | Chex Cereal & Apples                                   | Hummus & Pita Bread                               | <i>School Closed</i> | Milk & Kix Cereal                                 | Tortilla with Butter & Milk   |
| <b>Lunch</b>                                | Turkey & Spinach Grilled Cheese Sandwich, Pears & Milk | Baked Chicken, Brown Rice with Peas, Fruit & Milk | <i>School Closed</i> | Pizza, Salad with Yogurt Dressing, Oranges & Milk | Chicken, Vegetables and Quinoa & Brown Rice Casserole<br>Melon & Milk |
| <b>PM Snack</b>                             | <b>Preschool</b>                                       |   |                      |   |   |
|   | Whole Grain Cracker & 100% Pineapple Juice             | Cube Cheese & Pears                               | <i>School Closed</i> | Graham Crackers & Fruit                           | Pretzels & Bananas  |
|   | <b>Infant &amp; Toddlers</b>                           |   |                      |   |   |
|   | Whole Grain Cracker & Cottage Cheese                   | Cottage Cheese & Pears                            | <i>School Closed</i> | Graham Crackers & Fruit                           | Cheerios & Bananas  |

| November 16 <sup>th</sup> – 20 <sup>th</sup> | Monday   | Tuesday                                 | Wednesday                                   | Thursday                                       | Friday  |
|--|--|---|---|--|---|
| <b>AM Snack</b>                              | <b>Preschool</b>   |   |   |  |   |
|  | Multi-Grain Rice Crackers & Fruit  | Graham Crackers & Milk                  | Apples & Wheat English Muffin               | <i>Cooking</i><br>Scrambled Eggs & Oranges     | Pita Bread & Bananas                          |
|  | <b>Infant &amp; Toddlers</b>   |   |   |  |   |
|  | Multi-Grain Crackers & Fruit   | Graham Crackers & Milk                  | Apples & Wheat English Muffin               | Scrambled Eggs & Oranges                       | Pita Bread & Bananas                          |
| <b>Lunch</b>                                 | Fish Sticks, Slice of Wheat Bread, Celery Sticks with Yogurt Dip<br>Melon & Milk | Mac n `Cheese Green Beans Apples & Milk | Beef & Broccoli Quesadillas, Oranges & Milk | Chicken, Vegetable & Quinoa Soup, Fruit & Milk | Spaghetti, Meat Sauce with Peas, Pears & Milk |
| <b>PM Snack</b>                              | <b>Preschool</b>   |   |   |  |   |
|  | Cheese & Cheerios  | Hummus & Carrot Sticks                  | Berries, Banana, Oats and Milk Smoothie     | Herb Greek Yogurt Dip & Cucumber Slices        | Yogurt & Whole Grain Crackers                 |
|  | <b>Infant &amp; Toddlers</b>   |   |   |  |   |
|  | Cheese & Cheerios  | Hummus & Carrots Sticks                 | Berries, Banana, Oats and Milk Smoothie     | Herb Greek Yogurt Dip & Cucumber Slices        | Yogurt & Whole Grain Crackers                 |

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**Menu Subject to Change**

# Children's Village Preschool

## Weekly Snack & Lunch Menu

| November 23 <sup>rd</sup> - 27 <sup>th</sup> | Monday   | Tuesday                                   | Wednesday   | Thursday             | Friday               |
|--|--|---|---|----------------------|----------------------|
| <b>AM Snack</b>                              | <b>Preschool</b>   |   |   |                      |                      |
|  | Multi-Grain Rice Crackers & Melon                                  | Oranges & Wheat English Muffin            | Bagel, Cream Cheese & 100% Orange Juice                     | <i>School Closed</i> | <i>School Closed</i> |
|  | <b>Infant &amp; Toddlers</b>                                       |   |   |                      |                      |
|  | Multi-Grain Crackers & Melon                                       | Oranges & Wheat English Muffin            | Bagel, Cream Cheese & 100% Orange Juice                     | <i>School Closed</i> | <i>School Closed</i> |
| <b>Lunch</b>                                 | Turkey and Cheese Sandwich, Carrots with Yogurt Dip, Apples & Milk | Split Pea Soup with Carrots, Pears & Milk | Baked Chicken, Mashed Potatoes, Mixed Veggies, Melon & Milk | <i>School Closed</i> | <i>School Closed</i> |
| <b>PM Snack</b>                              | <b>Preschool</b>   |   |   |                      |                      |
|  | Graham Crackers & Oranges  | Cheese Cubes & Pretzels                   | Hummus & Pita Bread   | <i>School Closed</i> | <i>School Closed</i> |
|  | <b>Infant &amp; Toddlers</b>                                       |   |   |                      |                      |
|  | Graham Crackers & Oranges  | Cheese Cubes & Whole Grain Crackers       | Hummus & Pita Bread   | <i>School Closed</i> | <i>School Closed</i> |

| Nov. 30 <sup>th</sup> – Dec. 4 <sup>th</sup> | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|--|
| <b>AM Snack</b>                              | <b>Preschool</b>   |  |  |  |  |
|  | Kix Cereal & 100% Juice  | Hummus & Celery Sticks                           | <i>Cooking</i> Oatmeal & Milk                    | Multi-Grain Cheerios & Pears                                   | Graham Crackers & Fruit                                  |
|  | <b>Infant &amp; Toddlers</b>   |  |  |  |  |
|  | Kix Cereal & Cottage Cheese  | Hummus & Broccoli                                | Oatmeal & Milk                                   | Multi-Grain Cheerios & Cottage Cheese                          | Graham Crackers & Fruit                                  |
| <b>Lunch</b>                                 | Chicken Nuggets, Slice of Wheat Bread, Celery Sticks with Yogurt Dip, Fruit & Milk | Lentil Soup with Carrots, Tortilla, Pears & Milk | Meat Loaf Brown Rice with Broccoli, Melon & Milk | BBQ Chicken, Mashed Potatoes, Mixed Vegetables, Oranges & Milk | Penne Pasta, Beef, Peas with Tomato Sauce, Apples & Milk |
| <b>PM Snack</b>                              | <b>Preschool</b>   |  |  |  |  |
|  | Whole Grain Crackers & Oranges   | Wheat English Muffin & Cream Cheese              | Greek Yogurt Cinnamon Dip & Apples               | Banana & Milk  | Pretzels & Cheese  |
|  | <b>Infant &amp; Toddlers</b>   |  |  |  |  |
|  | Whole Grain Crackers & Oranges   | Wheat English Muffin & Cream Cheese              | Greek Yogurt Cinnamon Dip & Apples               | Banana & Milk  | Whole Grain Crackers & Cheese                            |

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**Menu Subject to Change**