

NFORT MILL PREPARATORY COOPERATIVE PRESCHOOL

MENU WEEK 3

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Whole wheat cheese toast Bananas	Non-Fat/ Whole Milk Muffin Squares Fruit cocktail	Non-Fat/ Whole Milk Whole wheat bagel Cream cheese Frozen blueberries	Non-Fat/ Whole Milk Crispy oats cereal Mandarin oranges	Non-Fat/ Whole Milk Vanilla yogurt Granola Frozen strawberries
LUNCH MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk English muffin pizzas Corn Sliced apples	Non-Fat/ Whole Milk Chicken nuggets Romaine salad Oranges Whole wheat bread	Non-Fat/ Whole Milk Nachos Baked sweet potatoes Apples Whole Wheat Bread	Non-Fat/ Whole Milk Chicken Salad Mashed potatoes Diced peaches Whole wheat bread	Non-Fat/ Whole Milk Whole wheat spaghetti w/ turkey meatballs Green peas Diced pears
PM SNACK CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Cheese its Oranges Water	Vanilla wafers Applesauce Water	Whole wheat crackers Baby carrots w/ranch dip Water	Tortilla chips w/ salsa Bananas Water	Pretzels Grapes Water

Revised February 14, 2018

WATER AVAILABLE ALL DAY!!!