

# FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

## MENU WEEK 2

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Cinnamon Toast Crunch Cereal Bar Apple Slices	Non-Fat/ Whole Milk Bagel w/ Cream Cheese Strawberries	Non-Fat/ Whole Milk Oatmeal Orange Segments	Non-Fat/ Whole Milk Grits w/ Cheese Bananas	Non-Fat/ Whole Milk Cereal Pineapples
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Broccoli and Cheese Soup Whole Wheat Crackers Melon Chunks	Non-Fat/ Whole Milk Chicken Roll Up w/Whole Wheat Tortilla Green Peas Pineapple Tidbits	Non-Fat/ Whole Milk Turkey Patties Corn Diced Peaches	Non-Fat/ Whole Milk Chicken Alfredo Baked Beans Mandarin Oranges w/Whole Wheat Pasta	Non-Fat/ Whole Milk Sloppy Joes Green Beans Diced Pears Whole Wheat Bread
<b>PM SNACK</b> CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Pretzels Carrots w/ Ranch Dip Water	Cheese-its Grapes Water	Whole Wheat Crackers Apple Slices Water	Vanilla Wafers Fruit Cocktail Water	Goldfish Crackers Orange Segments Water

Revised (February 6, 2018)

**WATER AVAILABLE ALL DAY!!!**