

# FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

## MENU WEEK 1

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 Toasted oat cereal Halo orange	Non-Fat/ Whole Milk Cheese grits Bananas	Non-Fat/ Whole Milk Scrambled eggs Mandarin orange	Non-Fat/ Whole Milk Oatmeal Apple slices	Non-Fat/ Whole Milk English muffin w/cream cheese applesauce
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 2 FRUIT(S) OR VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Grilled cheese Diced peas peas on/Whole Wheat Bread	Non-Fat/ Whole Milk Chicken veggie soup Pineapple Whole wheat crackers	Non-Fat/ Whole Milk Mac and cheese Peaches Green beans	Non-Fat/ Whole Milk Sweet sassy chicken Corn Mixed fruit bread	Non-Fat/ Whole Milk Spaghetti w/turkey meat Broccoli strawberries
<b>PM SNACK</b> CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Cheese its Apple slices	Animal crackers applesauce	Whole wheat crackers grapes	Goldfish crackers Fresh strawberries	Cheese stick orange pretzel

**WATER AVAILABLE ALL DAY!**