

FIRST DISCOVERIES CHRISTIAN PRESCHOOL

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Waffles with Syrup, Fruit, Milk</p> <p>AM Snack: Honey Comb, Water</p> <p>Lunch: SunButter/Jelly, Turkey or Grilled Cheese Sandwiches, Carrots, Cucumbers, Fruit, Milk/OJ</p> <p>Snack: Veggie Sticks, Fruit and Milk</p>	<p>Breakfast: Cheesy, Egg Burrito, Fruit, Milk</p> <p>AM Snack: Wheat Thins, Water</p> <p>Lunch: Turkey Hot Dogs, Carrots, Cucumbers, Fruit, Milk/OJ</p> <p>Snack: Graham Bears, Cheese Slices, Fruit and Milk</p>	<p>Breakfast: English Muffin with Cream Cheese, Jam, Fruit, Milk</p> <p>AM Snack: Ritz Crackers, Water</p> <p>Lunch: Chicken Nuggets, Macaroni, Green Beans, Cherry Tomatoes, Fruit, Milk/OJ</p> <p>Snack: Rice Chips, Shredded Cheese, Fruit and Milk</p>	<p>Breakfast: French Toast, Fruit, Milk</p> <p>AM Snack: Graham Crackers, Water</p> <p>Lunch: Cheese Quesadilla, Black Beans, Tomato Salsa, Chicken Strips, Peas, Fruit, Milk/OJ</p> <p>Snack: Yogurt, Pretzels, Fruit and Milk</p>	<p>Breakfast: Whole Grain Cereal, Fruit, Milk</p> <p>Snack: Veggie Sticks, Fruit and Milk</p> <p>Lunch: Cheese Pizza, Salad, Fruit, Milk/OJ</p> <p>Snack: Banana Muffin, Fruit and Milk</p>

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Bagels with Cream Cheese, Jam, Fruit, Milk</p> <p>AM Snack: Cheese Crackers, Water</p> <p>Lunch: Chicken Taquitos/Tomato Salsa, Corn, Rice & Black Beans, Fruit, Milk/OJ</p> <p>Snack: Veggie Sticks, Fruit and Milk</p>	<p>Breakfast: Whole Grain Cereal, Fruit, Milk</p> <p>AM Snack: Honey Comb, Water</p> <p>Lunch: Rotisserie Chicken, Tomato, Cucumber, Buttered Pasta Bow Ties, Fruit, Milk/OJ</p> <p>Snack: Wheat Thins, Cheese Slices, Fruit and Milk</p>	<p>Breakfast: Cheesy Scrambled Eggs, Toast, Fruit, Milk</p> <p>AM Snack: Pretzels, Water</p> <p>Lunch: Crispy Chicken Sandwich, w/lettuce & Tomato, Fruit, Milk/OJ</p> <p>Snack: Animal Crackers, Fruit and Milk</p>	<p>Breakfast: Fruit Yogurt, Granola, Toast, Milk</p> <p>AM Snack: Animal Crackers, Water</p> <p>Lunch: Fish Sticks, Rice w/Corn, Broccoli, Fruit, Milk/OJ</p> <p>Snack: Honey Graham Bears, Fruit and Milk</p>	<p>Breakfast: Pancakes with Syrup, Fruit, Milk</p> <p>AM Snack: Graham Bears, Water</p> <p>Lunch: Turkey Meatballs, Spaghetti, Broccoli, Fruit, Milk/OJ</p> <p>Snack: Graham Crackers, Cream Cheese, Fruit, Milk</p>

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Fruit Yogurt, Granola, Toast, Milk</p> <p>AM Snack: Animal Crackers, Water</p> <p>Lunch: Cheese Quesadilla, Black Beans, Tomato Salsa, Chicken Strips, Peas, Fruit, Milk/OJ</p> <p>Snack: Yogurt, Honey Comb, Fruit and Milk</p>	<p>Breakfast: Waffles with Syrup, Fruit, Milk</p> <p>AM Snack: Veggie Sticks, Water</p> <p>Lunch: Chicken Nuggets, Macaroni, Green Beans, Cherry Tomatoes, Fruit, Milk/OJ</p> <p>Snack: Graham Crackers, Cream Cheese, Fruit, Milk</p>	<p>Breakfast: Pancakes with Syrup, Fruit, Milk</p> <p>AM Snack: Pretzels, Water</p> <p>Lunch: Cheese Pizza, Salad, Fruit, Milk/OJ</p> <p>Snack: Banana Muffin, Fruit and Milk</p>	<p>Breakfast: Whole Grain Cereal, Fruit, Milk</p> <p>AM Snack: Honey Comb, Water</p> <p>Lunch: SunButter/Jelly, Turkey or Grilled Cheese Sandwiches, Carrots, Cucumbers, Fruit, Milk/OJ</p> <p>Snack: Gold Fish Crackers, Fruit and Milk</p>	<p>Breakfast: French Toast, Fruit, Milk</p> <p>AM Snack: Ritz Crakers, Water</p> <p>Lunch: Turkey Hot Dogs, Carrots, Cucumbers, Fruit, Milk/OJ</p> <p>Snack: Rice Chips, Shredded Cheese, Fruit and Milk</p>

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Waffles with Syrup, Fruit, Milk</p> <p>AM Snack: Graham Bears, Water</p> <p>Lunch: Turkey Meatballs, Spaghetti, Broccoli, Fruit, Milk/OJ</p> <p>Snack: Animal Crackers, Cream Cheese, Fruit and Milk</p>	<p>Breakfast: Whole Grain Cereal, Fruit, Milk</p> <p>AM Snack: Cheese Crackers, Water</p> <p>Lunch: Fish Sticks, Rice w/Corn, Broccoli, Fruit, Milk/OJ</p> <p>Snack: Veggie Sticks, Fruit and Milk</p>	<p>Breakfast: Fruit Yogurt, Granola, Toast, Milk</p> <p>AM Snack: Graham Crackers, Water</p> <p>Lunch: Rotisserie Chicken, Tomato, Cucumber, Buttered Pasta Bow Ties, Fruit, Milk/OJ</p> <p>Snack: Honey Comb, Fruit and Milk</p>	<p>Breakfast: Cheesy Scrambled Eggs, Toast, Fruit, Milk</p> <p>AM Snack: Goldfish Crackers, Water</p> <p>Lunch: Chicken Taquitos/Tomato Salsa, Corn, Rice & Black Beans, Fruit, Milk/OJ</p> <p>Snack: Graham Bears, Cheese Slices, Fruit and Milk</p>	<p>Breakfast: Pancakes with Syrup, Fruit, Milk</p> <p>AM Snack: Wheat Thins, Water</p> <p>Lunch: Crispy Chicken Sandwich, w/lettuce & Tomato, Fruit, Milk/OJ</p> <p>Snack: Rice Crackers, Fruit and Milk</p>

If a month has 5 weeks, start over on week 1. We may need to substitute an item in our menu occasionally if ingredients are unavailable, but know that the substitute will always meet the same food group requirements.