

# FIRST DISCOVERIES CHRISTIAN PRESCHOOL

## WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Waffles, Fruit, Milk/OJ	<b>Breakfast:</b> Hard Boiled Eggs, English Muffins, Fruit, Milk/OJ	<b>Breakfast:</b> Whole Grain Cereal, Milk/OJ	<b>Breakfast:</b> Bagels with Cream Cheese, Jam, Fruit, Milk/OJ	<b>Breakfast:</b> Pancakes with Syrup, Fruit, Milk/OJ
<b>AM Snack:</b> Honey Bunches, Water	<b>AM Snack:</b> Wheat Thins, Water	<b>AM Snack:</b> Tortilla Chips, Water	<b>AM Snack:</b> Graham Crackers, Water	<b>AM Snack:</b> Veggie Chips/Sticks, Water
<b>Lunch:</b> Sunbutter/Jelly and Grilled Cheese Sandwiches, Carrots, Cucumbers, Fruit, Milk/OJ	<b>Lunch:</b> Turkey Hot Dogs, Carrots, Cucumber Rounds, Fruit, Milk/OJ	<b>Lunch:</b> Chicken Nuggets, Macaroni, Green Beans, Cherry Tomatoes, Fruit, Milk/OJ	<b>Lunch:</b> Cheese Quesadilla, Black Beans, Tomato Salsa, Chicken Strips, Peas, Fruit, Milk/OJ	<b>Lunch:</b> Cheese Pizza, Salad, Fruit, Milk/OJ
<b>Snack:</b> Rice Crackers, Fruit and Milk	<b>Snack:</b> Rice Chips, Shredded Cheese, Fruit, Milk	<b>Snack:</b> Graham Bears, Cheese, Fruit Milk	<b>Snack:</b> Pretzels, Yogurt, Fruit, Milk	<b>Snack:</b> Chips, Salsa, Shredded Cheese, Fruit, Milk

## WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Whole Grain Cereal, Fruit, Milk/OJ	<b>Breakfast:</b> Pancakes with Syrup, Fruit, Milk/OJ	<b>Breakfast:</b> Cheesy Scrambled Eggs, Toast, Fruit, Milk/OJ	<b>Breakfast:</b> Fruit Yogurt, Granola, Toast, Milk/OJ	<b>Breakfast:</b> Waffles, Fruit, Milk/OJ
<b>AM Snack:</b> Honey Bunches, Water	<b>AM Snack:</b> Cheese Crakers, Water	<b>AM Snack:</b> Pretzels, Water	<b>AM Snack:</b> Veggie Chips/Sticks, Water	<b>AM Snack:</b> Graham Bears, Water
<b>Lunch:</b> Turkey Meatballs Spaghetti, Broccoli, Fruit, Milk/OJ	<b>Lunch:</b> Chicken Noodle Soup w/Crackers OR Tomato Soup w/Grilled Cheese Sandwich, Cucumber, Fruit, Milk/OJ	<b>Lunch:</b> Crispy Chicken Sandwich, w/Lettuce & Tomato, Fruit, Milk/OJ	<b>Lunch:</b> Fish Sticks, Rice w/Corn, Broccoli, Fruit, Milk/OJ	<b>Lunch:</b> Chicken Taquitos/Tomato Salsa, Corn, Rice & Black Beans, Fruit, Milk/OJ
<b>Snack:</b> Goldfish Crackers, Fruit, Milk	<b>Snack:</b> Wheat Thins, Cheese Slices, Fruit, Milk	<b>Snack:</b> Animal Crackers, Cream Cheese, Fruit, Milk	<b>Snack:</b> Cereal, Fruit and Milk	<b>Snack:</b> Graham Crackers, Cream Cheese Fruit, Milk

## WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Waffles, Fruit, Milk/OJ	<b>Breakfast:</b> Fruit Yogurt, Granola, Toast, Milk/OJ	<b>Breakfast:</b> Pancakes with Syrup, Fruit, Milk/OJ	<b>Breakfast:</b> Whole Grain Cereal, Fruit, Milk/OJ	<b>Breakfast:</b> Hard Boiled Eggs, English Muffins, Fruit, Milk/OJ
<b>AM Snack:</b> Animal Crakers, Water	<b>AM Snack:</b> Honey Bunches, Water	<b>AM Snack:</b> Graham Crackers, Water	<b>AM Snack:</b> Wheat Thins, Water	<b>AM Snack:</b> Tortilla Chips, Water
<b>Lunch:</b> Turkey Hot Dogs, Carrots, Cucumber Rounds, Fruit, Milk/OJ	<b>Lunch:</b> Sunbutter/Jelly and Grilled Cheese Sandwiches, Carrots, Cucumbers, Fruit, Milk/OJ	<b>Lunch:</b> Cheese Pizza, Salad, Fruit, Milk/OJ	<b>Lunch:</b> Chicken Nuggets, Macaroni, Green Beans, Cherry Tomatoes, Fruit, Milk/OJ	<b>Lunch:</b> Cheese Quesadilla, Black Beans, Tomato Salsa, Chicken Strips, Peas, Fruit, Milk/OJ
<b>Snack:</b> Honey Bunches, Yogurt, Milk	<b>Snack:</b> Wheat Thins, Cheese Slices, Fruit, Milk	<b>Snack:</b> Chips, Salsa, Shredded Cheese, Fruit, Milk	<b>Snack:</b> Fruit Yogurt, Granola, Milk	<b>Snack:</b> Pretzels, Yogurt, Fruit, Milk

## WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Waffles, Fruit, Milk/OJ	<b>Breakfast:</b> Whole Grain Cereal, Fruit, Milk/OJ	<b>Breakfast:</b> Fruit Yogurt, Granola, Toast, Milk/OJ	<b>Breakfast:</b> Cheesy Scrambled Eggs, Toast, Fruit, Milk/OJ	<b>Breakfast:</b> Pancakes with Syrup, Fruit, Milk/OJ
<b>AM Snack:</b> Graham Bears, Water	<b>AM Snack:</b> Cheese Crakers, Water	<b>AM Snack:</b> Graham Crackers, Water	<b>AM Snack:</b> Goldfish Crakers, Water	<b>AM Snack:</b> Veggie Chips/Sticks, Water
<b>Lunch:</b> Fish Sticks, Rice w/Corn, Broccoli, Fruit, Milk/OJ	<b>Lunch:</b> Crispy Chicken Sandwich, w/Lettuce & Tomato, Fruit, Milk/OJ	<b>Lunch:</b> Chicken Noodle Soup w/Crackers OR Tomato Soup w/Grilled Cheese Sandwich, Cucumber, Fruit, Milk/OJ	<b>Lunch:</b> Turkey Meatballs, Spaghetti, Sauce, Green Beans, Fruit, Milk/OJ	<b>Lunch:</b> Chicken Taquitos/Tomato Salsa, Corn, Rice & Black Beans, Fruit, Milk/OJ
<b>Snack:</b> Animal Crackers, Cream Cheese, Fruit, Milk	<b>Snack:</b> Goldfish Crackers, Fruit, Milk	<b>Snack:</b> Cereal, Fruit and Milk	<b>Snack:</b> Graham Bears Crackers, Cheese Fruit, Milk	<b>Snack:</b> Rice Crackers, Fruit and Milk

If a month has 5 weeks, start over on week 1. Please keep in mind that 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.