

FIRST DISCOVERIES CHRISTIAN PRESCHOOL

Week 1

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

Week 2

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

Week 3

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

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Waffles with Syrup, Fruit, Milk	Breakfast: Whole Grain Cereal, Fruit, Milk	Breakfast: Fruit Yogurt, Granola, Toast, Milk	Breakfast: Bagels with Cream Cheese, Jam, Fruit, Milk	Breakfast: Pancakes with Syrup, Fruit, Milk
AM Snack: Graham Bears, Water	AM Snack: Cheese Crackers, Water	AM Snack: Graham Crackers, Water	AM Snack: Gold Fish Crackers, Water	AM Snack: Wheat Thins, Water
Lunch: Turkey Meatballs, Spaghetti, Broccoli, Fruit, Milk/OJ	Lunch: Fish Sticks, Rice w/Corn, Broccoli, Fruit, Milk/OJ	Lunch: Rotisserie Chicken, Carrots, Cucumber, Pasta w/Butter & Parmesan Cheese, Fruit, Milk/OJ	Lunch: Chicken Taquitos/Tomato Salsa, Corn, Rice & Black Beans, Fruit, Milk/OJ	Lunch: Crispy Chicken Sandwich, w/Lettuce & Carrots, Fruit, Milk/OJ
Snack: Ritz Crackers, Cheese, Fruit and Milk	Snack: Veggie Sticks, Fruit and Milk	Snack: Honey Comb, Fruit and Milk	Snack: Graham Bears, Fruit and Milk	Snack: Wheat Thins, Cheese Slices, Fruit and Milk

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