

Summer 2010 Menu

Full-Time Preschool



***Week 1 always begins on the first Monday of the new month.

Week 1***	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Jazzy Pretzels, Milk	Battered Fish Sticks, Green Beans, Tater Tots	Ark Animal Crackers, Juice
Tues.	Fruit Of The Day, Milk	Turkey Hoagies w/Lettuce, Ranch Beans, Chips	Cheese Bits, Juice
Wed.	Fruiti O's, Milk	Breaded Steak Fingers, Mashed Potatoes, Golden Corn	Vanilla Wafers, Juice
Thurs.	Cinnamon Grahams, Milk	American Hot Dog & Bun, Oven Fries, Carrot Coins	Fun Cookies, Juice
Fri.	Breakfast Bread, Milk	Italian Hamburger Pizza, Mixed Veggies, Fruit Cocktail	Trail Mix, Juice

Week 2	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Noah's Animal Crackers, Milk	Beef Stew w/Veggies, Golden Corn, Peach Cubes, Roll	Vanilla Wafers, Juice
Tues.	Cinnamon Toast, Milk	Burger on Bun, Leafy Lettuce, Oven French Fries	Oatmeal Cookies, Juice
Wed.	Veggie Sticks, Milk	Chicken Alfredo, Green Beans, Applesauce, Roll	Ruth's Wheat Crackers, Juice
Thurs.	Cheerio's, Milk	Battered Chicken Nuggets, Mashed Potatoes, Carrot Cubes	Cheese Crackers, Juice
Fri.	Cinnamon Grahams, Milk	Italian Hamburger Pizza, Mixed Veggies, Fruit Cocktail	Mini Pretzels, Juice

Week 3	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Jazzy Pretzels, Milk	Tomato Beef & Macaroni, Country Corn, Applesauce	Vanilla Wafers, Juice
Tues.	Fruit Of The Day, Milk	Breaded Steak Fingers, Mashed Potatoes, Green Peas, Roll	Cheese Bits, Juice
Wed.	Noah's Animal Crackers, Milk	Soft Tacos w/Lettuce, Ranch Beans, Pear cubes	Graham Crackers, Juice
Thurs.	Mama's Muffins, Milk	Burger on Bun, Diced Carrots, Oven French Fries	Fun Cookies, Juice
Fri.	Fruiti O's, Milk	Italian Hamburger Pizza, Mixed Veggies, Fruit Cocktail	Trail Mix, Juice

Week 4	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Wheat Crackers, Milk	Circus Corn Dogs, Diced Carrots, Green Peas	Graham Crackers, Juice
Tues.	Fruit Of The Day, Milk	Battered Fish Sticks, Green Beans, Golden Corn, Bread	Jazzy Pretzels, Juice
Wed.	Cheese & Crackers, Milk	Ham Hoagies w/Lettuce, Oven Fries, Applesauce	Oatmeal Cookies, Juice
Thurs.	Vanilla Wafers, Milk	Spaghetti w/Meat Sauce, Buttered Broccoli, Peaches	Ark Animal Crackers, Juice
Fri.	Cheerio's, Milk	Italian Hamburger Pizza, Mixed Veggies, Fruit Cocktail	Cheese Crackers, Juice

- ORANGE - Grain Group
- BLUE - Milk Group
- GREEN - Vegetable Group
- RED - Meat/Meat Alt. Group
- PURPLE - Fruit Group
- Black - Extra, Not Counted in food Group Calculations

Infants and T2 Classes will receive milk at lunch.
 Infants and T2 Classes will receive an alternative meat instead of Frito Pie.
 T3 and younger classes will receive cut up hot dogs and corny dogs.
 Hoagie, Hot Dog & Hamburger buns provide two grain servings.



SUMMER SPECIAL NOTES

June 25th will switch our morning and afternoon snacks so that we can have cold juice on our field day.
 July 1st will have our juice (cold lemonade) in the morn after the parade and have milk in the afternoon.
 July 2nd lunch will be picnic foods of sandwiches, chips, & carrot sticks.
 August 6th we will have sign-ups for special party snacks!