

Grow to Know Preschool and Kindergarten Menu

Week: Oct 24, 2011	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagel with P.B Applesauce Milk	Biscuit w/ Sausage Milk	Ultimate Breakfast Round Peaches Milk	Boiled Egg Bagel Milk	Animal Crackers Pineapple Milk
Lunch	Chicken Veg Noodle Soup w/ wheat crackers, Pineapple and Milk	White Chicken Chili w/ beans, Saltines and Oranges Milk	Taco Salad, Lettuce and Tom, Refried Beans and Chips Milk	Breaded Fish Sticks Broccoli Casserole Pears Milk	Battered Corn Dogs BBQ Baked Beans ½ Banana Milk
Afternoon Snack	Graham Crackers Juice	Choc Chip Cookie Milk	String Cheese Juice	Tuna Salad Crackers Water	Cereal Mix Juice
Did u know:	Kids need 1 hour of Exercise a day.....				
Week: Oct 31, 2011	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oranges Graham Crackers Milk	Ultimate Breakfast Round Pears Milk	Applesauce Bagel Milk	Goldfish Crackers Peaches Milk	Biscuit w/ Sausage Milk
Lunch	Tuna Noodles Peas & Carrots Mixed Fruit Milk	Beef and Bean Burrito Corn and Peaches Milk	Breaded Chicken Patty, Mashed Pots & Brown Gravy, Pineapple and Milk	Canned Ravioli Green Beans Oranges Milk	½ PB & J Sandwich Baby Carrots ½ Banana Milk
Afternoon Snack	Pretzels Juice	Boiled Egg Juice	Tortilla Chips Salsa Juice	Animal Crackers Juice	Saltines and Jelly Juice
Did you know...	The most common form of Exercise is Walking.....				

*Skim milk provided to preschool children (unless otherwise specified by parent)

*Juice served can be a variety of apple, punch, cherry or berry.

