

POLKA DOT PRESCHOOL MENU PLAN

Week: One

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Home Made Waffles Milk	Yogurt & Fruit Milk	Bagels & Cream Cheese Milk	Muffins Milk	Hot Cereal Milk
LUNCH Meat or Alternative	Tuscan Vegetable Soup	Garlic & Herb Crusted Fish	Sweet & Sour Meatballs with Sauce	Meat Lasagna	Quiche -Eggs, Cheese, Corn, Cauliflower & Broccoli
Vegetables	Carrots, Celery & Sweet Peppers	Peas & Salad	Mixed Vegetables & Salad	Green Beans & Salad	Baked Carrots & Salad
Bread or Cereal	Tuna, Turkey & Cheese, Egg Sandwiches	Saffron Rice	Fried Rice	Garlic Bread	Cheesy Bread
Fruit or Dessert	Fresh Fruit	Fresh Fruit	Apple Crumble	Fresh Fruit	Pudding
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Cook's Choice Snack & Fruit Water	Fruit & Animal Crackers Water	Cheese Strings & Fruit Water	Rice Cakes & Fruit Water	Digestive Cookies & Fruit Water