

# POLKA DOT PRESCHOOL MENU PLAN

## Week: Two

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Whole Grain Cereal  Milk	Boiled Eggs & Toast  Milk	Yogurt & Fruit  Milk	Home Made Waffles  Milk	English Muffins Butter & Jam  Milk
LUNCH Meat or Alternative	Curry Red Lentil & Spinach Soup	Home-Made Chicken Tenders	Sloppy Joes with Cheese	Cheese Ravioli in a Rosé Sauce	Beef Stew - Potatoes, Sweet Potatoes, Carrots, Butternut Squash
Vegetables	Carrots & Cucumbers	Salad & Green Beans	Mixed Greens Salad	Corn & Salad	Peas
Bread or Cereal	Turkey & Cheese, Tuna & Egg Salad Sandwiches	Mashed Potatoes	Bread	Garlic Bread	Rice
Fruit or Dessert	Fresh Fruit	Fresh Fruit	Mandarin Oranges	Fresh Fruit	Fresh Fruit
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Homemade Chocolate Chip Cookies & Fruit  Water	Mini Croissants & Fruit  Water	Home-Made Muffins & Fruits  Water	Cereal Mix & Fruit  Water	Cook's Choice Snack & Fruit  Water