

# POLKA DOT PRESCHOOL MENU PLAN

Week: Three

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Cinnamon & Rasin Oatmeal  Milk	Bagels & Cream Cheese  Milk	Yogurt with Fruit  Milk	Raisin Toast with Jam & Butter  Milk	Home -Made Muffins  Milk
LUNCH Meat or Alternative	Chicken Noodle Soup	Baked Fish with Spinach Cream Sauce	Home Made Pizza- Pepperoni, Vegetable & Bruschetta	Beef Stroganoff	Chicken Shawarma
Vegetables	Carrots & Cucumbers	Peas	Coleslaw & Bean Salad	Broccoli & Green Salad	Mixed Veggies
Bread or Cereal	Turkey Club, Egg Salad & Tuna Sandwiches	Jasmine Rice		Buttered Egg Noodles	Turmeric Rice
Fruit or Dessert	Fresh Fruit	Fresh Fruit	Apple Sauce	Jello	Fresh Fruit
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Ritz Crackers & Fruit  Water	Home Made Banana Bread & Fruit  Water	Cook's Choice Snack & Fruit  Water	Cookies & Fruit  Water	Fruit Smoothie & Cookies  Water