

POLKA DOT PRESCHOOL MENU PLAN

Week: Four

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Home Made Pancakes Milk	Bagels with Cream Cheese Milk	Whole Grain Cereal Milk	English Muffins Butter & Jam Milk	Yogurt Milk
LUNCH Meat or Alternative	Cook's Choice Meal	Fish Tacos	Hoisin Chicken	Spaghetti with Meat Sauce	Roasted Tuscan Chicken
Vegetables	Carrots & Celery	Mixed Vegetables	Salad	Corn	Mixed Vegetables
Bread or Cereal		Mexican Rice	Vegetable Fried Rice	Garlic Bread	Cheesy Orzo Pasta
Fruit or Dessert	Cook's Choice	Fresh Fruit	Fresh Fruit	Pudding	JELLO
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Cereal Mix& Fruit Water	Cook's Choice Snack & Fruit Water	Croissants & Fruit Water	Fresh Fruit & Muffins Water	Home Made Cookies & Fruit Water