

POLKA DOT PRESCHOOL MENU PLAN

Week: One

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Home Made Waffles Milk/Water	Yogurt Milk/Water	Bagels & Cream Cheese Milk/Water	Muffins Milk/Water	Hot Cereal Milk/Water
LUNCH Meat or Alternative	Minestrone Soup	Baked Fillet or Sole	Chili	Chicken Nuggets	Meat Lasagna
Vegetables	Carrots & Celery	Peas	Mixed Vegetables	Corn	Green Beans
Bread or Cereal	Assorted Sandwiches	Rice	Rice	Potatoes	Garlic Bread
Fruit or Dessert	Peaches	Fresh Fruit	Apple Crumble	Fresh Fruit	Ice Cream
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Cereal Mix Juice/Water	Fresh Apples with Animal Crackers Juice/Water	Cheese & Crackers Juice/Water	Rice Cakes with Fruit Juice/Water	Bananas & Digestive Cookies Juice/Water