

POLKA DOT PRESCHOOL MENU PLAN

Week: Two

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Apple Sauce & Raisin Bread Milk/Water	Cereal Milk/Water	Yogurt Milk/Water	Home Made Waffles Milk/Water	English Muffins Butter & Jam Milk/Water
LUNCH Meat or Alternative	Lentil & Spinach Soup	Baked Chicken	Beef Casserole	Cheese Ravioli & Cream Sauce	Swedish Meatballs
Vegetables	Carrots & Cucumbers	Salad	Mixed Greens Salad	Salad	Peas
Bread or Cereal	Assorted Sandwiches	Rice	Bread	Garlic Bread	Rice
Fruit or Dessert	Jello	Fresh Fruit	Mandarin Oranges	Fresh Fruit	Tropical Fruit
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Homemade Chocolate Chip Cookies Juice/Water	Mini Croissants with Cream Cheese Juice/Water	Crackers & Cheese Juice/Water	Cereal Mix Juice/Water	Cook's Choice Snack Juice/Water