

POLKA DOT PRESCHOOL MENU PLAN

Week: Three

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Hot Cereal Milk/Water	Bagels & Cream Cheese Milk/Water	Yogurt Milk/Water	Toast with Jam & Butter Milk/Water	Muffins Milk/Water
LUNCH Meat or Alternative	Macaroni & Cheese	Chicken Noodle Soup	Home Made Pizza	Beef Stew	Sheppard's Pie
Vegetables	Tossed Salad	Bread & Butter Pickles	Caesar Salad & Beans Salad	Broccoli & Green Salad	Mixed Veggies
Bread or Cereal	Garlic Bread	Grilled Cheese Sandwiches		Bread	Garlic Bread
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 & Apples Juice/Water	Home Made Banana Bread Juice/Water	Veggies & Dip Juice/Water	Fruit & Cookies Juice/Water	Mini Whole Wheat Pita with Cream Cheese Juice/Water

