

POLKA DOT PRESCHOOL MENU PLAN

Week: Four

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|--|-------------------------------|--|--|
| Mid-Morning Snack | Home Made Pancakes Milk/Water | Bagels with Cream Cheese Milk/Water | Cereal Milk/Water | English Muffins Butter & Jam Milk/Water | Hot Cereal Milk/Water |
| LUNCH Meat or Alternative | Melody of Vegetables & Grains Soup | Penne with Meat Sauce | Spaghetti with Meatballs | Baked Chicken | Chicken Nuggets |
| Vegetables | Carrots & Celery | Green Beans | Salad | Corn | Mixed Vegetables |
| Bread or Cereal | Hot Dog on a bun With Bread & Butter Pickles | Garlic Bread | Garlic Bread | Rice | Mashed Potato |
| Fruit or Dessert | Apple Dessert | Fresh Fruit | Fresh Fruit | Pudding | Ice Cream |
| Milk or Milk Product | Milk | Milk | Milk | Milk | Milk |
| Mid-Afternoon Snack | Cereal Mix Juice/Water | Home Made Cookies Juice/Water | Croissants Juice/Water | Fresh Fruit & Muffins Juice/Water | Cook's Choice Snack Juice/Water |