

POLKA DOT PRESCHOOL MENU PLAN

Week: One

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Cereal	Pancakes	Yogurt	Cinnamon French Toast	Muffins
	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
LUNCH Meat or Alternative	Lentil Soup	Baked Fish	Penne with Meat Sauce	Home Made Pizza	Meatballs in Tomato Sauce
Vegetables	Carrots & Cucumbers	Salad	Assorted Vegetables	Corn	Tossed Salad
Bread or Alternative	Tuna, Turkey & Egg Sandwiches	Rice & Garlic Bread	Bread	Caesar Salad	Garlic Bread & Rice
Fruit or Dessert	Apple Sauce	Mandarin Oranges	Fresh Fruit	Fresh Fruit	Jello
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Fresh Apples with Animal Crackers	Raw Veggies & Dip	Cereal Mix	Chocolate Chip Cookies	Bananas & Digestive Cookies
	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water