

POLKA DOT PRESCHOOL MENU PLAN

Week: Two

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Bagels with Cream Cheese Milk/Water	Cereal Milk/Water	Muffins with Butter & Jam Milk/Water	Yogurt Milk/Water	Toast with Cream Cheese Milk/Water
LUNCH Meat or Alternative	Chicken Noodle Soup	Cheese Ravioli in Cream Sauce	Baked Chicken	Picnic Day (Weather Permitting)	Chicken Nuggets with Pasta Salad
Vegetables	Raw Veggies	Beans Salad	Cauliflower with Cheese Sauce	Raw Veggies	Cook's Choice Salad
Bread or Alternative	Tuna/Salmon, Turkey & Eggs Sandwiches	Garlic Bread	Bread	Beans Salad	Bread
Fruit or Dessert	Fresh Fruit	Ice Cream	Fresh Fruit	Fresh Fruit	Pudding
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Angel Food Cake Juice/Water	Fresh Fruit with Cookies Juice/Water	Melba Toast with Cheese Wiz Juice/Water	Home Made Rice Krispie Squares Juice/Water	Nachos & Fresh Fruit Juice/Water