

POLKA DOT PRESCHOOL MENU PLAN

Week: Three

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Toast with Butter & Jam Milk/Water	Cereal Milk/Water	Bagels with Cream Cheese Milk/Water	Muffins Milk/Water	Yogurt Milk/Water
LUNCH Meat or Alternative	Melody of Grains Soup	Chili	Lasagna	Fish Florentine	Spaghetti w/ Meat Sauce
Vegetables	Mixed Vegetables	Peas	Caesar Salad	Green Beans	Tossed Salad
Bread or Alternative	Grilled Cheese & Turkey Sandwiches	Rice	Bruschetta Bread	Rice	Garlic Bread
Fruit or Dessert	Fresh Fruit	Apple Sauce	Fresh Fruit	Ice Cream	Fresh Fruit
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Digestive Cookies & Fruit Juice/Water	Cereal Mix Juice/Water	Banana Bread Juice/Water	Crackers & Cheese Juice/Water	Fresh Fruit & Cookies Juice/Water