

# POLKA DOT PRESCHOOL MENU PLAN

## Week: Four

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack	Cereal  Milk/Water	Home Made Waffles  Milk/Water	Yogurt  Milk/Water	Muffins  Milk/Water	Toast with Butter & Jam  Milk/Water
LUNCH Meat or Alternative	Chicken Noodle Soup	Chicken Nuggets	Baked Chicken	Meatballs in Tomato Sauce	Burgers
Vegetables	Mixed Vegetables	Tossed Salad	Corn	Tossed Salad	Green Beans
Bread or Alternative	Egg, Tuna & Turkey Sandwiches	Mashed Potatoes	Rice	Garlic Bread	Perogies
Fruit or Dessert	Fresh Fruit	Ice Cream	Fresh Fruit	Pudding	Fresh Fruit
Milk or Milk Product	Milk	Milk	Milk	Milk	Milk
Mid-Afternoon Snack	Home Made Cookies  Juice/Water	Nachos & Dip  Juice/Water	Cereal Mix  Juice/Water	Home Made Cake  Juice/Water	Fresh Fruit & Cereal Mix  Juice/Water