

# FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

## MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DATE</b>					
<b>BREAKFAST</b> MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Cheese Toast Oranges	Non-Fat/ Whole Milk Raisin with Oatmeal & Whole Wheat Toast	Non-Fat/ Whole Milk Scrambled Eggs w/ Salsa and Whole Wheat Tortilla	Non-Fat/ Whole Milk Grits Frozen Mixed Berries	Non-Fat/ Whole Milk Cereal Apples
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Whole Wheat Mac & Cheese Peaches Green Beans	Non-Fat/ Whole Milk Whole Wheat Chicken Quesadilla Mandarin Oranges Mixed veggies	Non-Fat/ Whole Milk Shepherd's Pie W/ Turkey Corn Whole Wheat Bread	Non-Fat/ Whole Milk Chicken Soup Oranges Peas Whole Wheat Bread	Non-Fat/ Whole Milk Sloppy Joe Pears Green peas Whole wheat Bread
<b>PM SNACK</b> CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Animal Crackers Sliced Apples Water	Cheese itz Pineapple Water	Whole Wheat Cracker Oranges Water	Gold Fish Apples Water	Pretzels Grapes Water

Revised Feb 13, 2019)

**WATER AVAILABLE ALL DAY!!!**

# FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

## MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DATE</b>	1/7/19	1/8/19	1/9/19	1/10/19	1/11/19
<b>BREAKFAST</b> MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Closed	Closed	Non-Fat/ Whole Milk Cereal Apples	Non-Fat/ Whole Milk Muffin Squares Mandarins oranges	Non-Fat/ Whole Milk English Muffins with cream cheese
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)			Non-Fat/ Whole Milk Cheese toast Diced Pear Peas	Non-Fat/ Whole Milk Chicken Soup Melon or Oranges Peas Whole Wheat Bread	Non-Fat/ Whole Milk Spaghetti with turkey Mixed Veggies Peaches
<b>PM SNACK</b> CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE			Goldfish Oranges Water	Pretzel Oranges Water	Cheese itz Apple sauce Water

Revised Jan 2, 2018)

**WATER AVAILABLE ALL DAY!!!**

