

**FORT MILL PREPARATORY COOPERATIVE PRESCHOOL
MENU WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
BREAKFAST MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Apple Muffin Square	Non-Fat/ Whole Milk Banana Oatmeal	Non-Fat/ Whole Milk Frozen Strawberries Bagel & Cream Cheese	Non-Fat/ Whole Milk Berries Grits	Non-Fat/ Whole Milk Oranges Toasted Oats
LUNCH MILK MEAT OR MEAT ALTERNATIVE 2 FRUIT(S) OR VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Grilled cheese Diced pears Green peas on/Whole Wheat Bread	Non-Fat/ Whole Milk Meatloaf Peaches Green Beans Whole wheat Bread	Non-Fat/ Whole Milk Chicken Nuggets Applesauce Corn	Non-Fat/ Whole Milk Chicken Salad Mixed Veggies Cantaloupe Whole wheat Bread	Non-Fat/ Whole Milk Whole Wheat Turkey Tacos Peaches
PM SNACK CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Cheese its Oranges Water	Chips & Salsa Grapes Water	Whole wheat crackers Apple Water	Pretzel Sliced Apples Water	Animal Crackers Pineapples Water

WATER AVAILABLE ALL DAY! Revised 2/7/19