

**FORT MILL PREPARATORY COOPERATIVE PRESCHOOL
MENU WEEK 2**

	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 Toasted Oats Apple Slices	Non-Fat/ Whole Milk Scramble Eggs Mandarin Oranges	Non-Fat/ Whole Milk Grits Pears	Non-Fat/ Whole Milk Muffin Square Oranges	Non-Fat/ Whole Milk Yogurt/Granola Strawberries
LUNCH MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk Broccoli & Cheese Soup Melons Whole Wheat Bread	Non-Fat/ Whole Milk Nachos Green beans Mixed Fruit Whole Wheat Tortilla Chips	Non-Fat/ Whole Milk Whole Wheat Tortilla Chicken Roll Ups Corn Pineapples	Non-Fat/ Whole Milk Turkey Patties Mixed Veggies Peaches Whole Wheat Bread	Non-Fat/ Whole Milk Chicken A La King Mandarin Oranges Green Peas
PM SNACK MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Goldfish Bananas Water	Pretzels Grapes Water	Cheese itz Oranges Water	Animal Crackers Applesauce Water	Whole Wheat Crackers Baby Carrots w/ Ranch Water

WATER AVAILABLE ALL DAY!!!

Updated on 2/22/ 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	12/24/18	12/25/18	12/26/18	12/27/18	12/28/18
BREAKFAST 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 Square Mandarin Oranges	Non-Fat/ Whole Milk English Muffins W/ Cream Cheese Mixed Berries
LUNCH MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)			Non-Fat/ Whole Milk Grilled Cheese Diced Pears Diced Peas	Non-Fat/ Whole Milk Chicken Soup Pineapples Whole Wheat Crackers	Non-Fat/ Whole Spaghetti with Turkey Mixed Veggies Peaches
PM SNACK MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE			Goldfish Oranges Water	Pretzels Oranges Water	Cheese itz Apple Sauce Water