

Pre School- Sample Menu

February 2014				
Monday	Tuesday	Wednesday	Thursday	Friday
				
	<i>All of our food is made fresh Daily.</i>			
<p>3 Baked Chicken Nuggets 4ea Whole Wheat Mountain Roll 1ea Broccoli 3oz Fresh Apple 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea</p>	<p>4 WW Macaroni and Cheese 4 oz WW Mountain Roll 1ea Whole Baby Carrots 3oz 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>5 Grilled Chicken w/ BBQ Sauce 3oz Whole Wheat Mountain Roll 1ea Maple Baked Beans 3 oz Fresh Orange 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>6 1 Ground Turkey Taco 2oz Ground Turkey Taco Meat 2oz Shredded Lettuce 1/4 Cup Shredded Cheddar .5oz Corn 3 oz 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>7 Whole Wheat Pizza 1ea Green Beans 3oz Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>
<p>10 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Maple Baked Beans 3 oz Apple Sauce Cup 1/2C 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea PC Mustard 1ea</p>	<p>11 Penne w/ Marinara Sauce 4oz Meatballs w/ Sauce 1ea Whole Wheat Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3 oz 100% Grape Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>12 Baked Chicken Nuggets 4ea Garden Salad 3oz PC Italian Dressing 1ea Pineapples 3 oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea</p>	<p>13 1/2 Slice Meatloaf w/Gravy 2oz Whole Wheat Mountain Roll 1ea Broccoli 3oz 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>14 Hamburger 2.8oz Whole Wheat Hamburger Bun 1ea Baked French Fries 3 oz Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea</p>
<i>No Lunch</i>	<p>18 Homemade Baked Ziti 4 oz WW Mountain Roll 1ea Sliced Carrots 3oz Fresh Apple 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>19 Baked Chicken Patty 3.1oz Whole Wheat Hamburger Bun 1ea Cowboy Baked Bean 3 oz Fruit Cocktail 3 oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea</p>	<p>20 Meatballs w/ Sauce 2ea WW Mountain Roll 1ea Broccoli 3oz 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>21 Whole Wheat Pizza 1ea Garden Salad 3oz PC Italian Dressing 1ea Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>
<p>24 Sliced Turkey w/ Gravy 2oz WW Mountain Roll 1ea Broccoli 3oz Fruit Cocktail 3 oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>25 Linguini w/ Marinara Sauce 4 oz Meatballs w/ Sauce 1ea Whole Wheat Mountain Roll 1ea Whole Baby Carrots 3oz 100% Grape Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>26 Grilled Chicken on a WW Bun 3oz Cowboy Baked Bean 3 oz Fresh Apple 138CT 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>27 Nachos 1oz Ground Turkey Taco Meat 2oz Shredded Cheddar .5oz Shredded Lettuce 1/4 Cup Corn 3 oz 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>	<p>28 Whole Wheat Pizza 1ea Cauliflower 3 oz Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz</p>