

Planet Preschool

Breakfast 9 am, Lunch 11:30 am, Snack 3 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast : Toast, Jelly, and Milk</p> <p>Lunch: Egg Sandwich, Potato Wedges, Fruit or Vegetable</p> <p>Pm Snack: Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Beef, beans, and Rice & Fruit</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Pancakes and Milk</p> <p>Lunch: Grilled Cheese, Potato, fruit or vegetable</p> <p>Pm Snack: Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Cheese Quesadilla, Rice, Fruit or Vegetable</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Toast, Jelly, and Milk</p> <p>Lunch: Parmesan and Butter Pasta, Roll, Fruit or Vegetable</p> <p>PM Snack Crackers and Fruit</p>
<p>Breakfast: Toast, Jelly, and Milk</p> <p>Lunch: Egg Sandwich, Potato Wedges, Fruit or Vegetable</p> <p>Pm Snack Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Beef, beans, and Rice & Fruit</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Pancakes and Milk</p> <p>Lunch: Egg Bites, Fruit & Vegetable</p> <p>Pm Snack: Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Cheese Quesadilla, Rice, Fruit or Vegetable</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Toast, Jelly, and Milk</p> <p>Lunch: Mac n Cheese, Roll, Fruit or Vegetable</p> <p>Pm Snack: Crackers and Fruit</p>
<p>Breakfast : Toast, Jelly, and Milk</p> <p>Lunch: Egg Sandwich, Potato Wedges, Fruit or Vegetable</p> <p>Pm Snack: Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Beef, beans, and Rice & Fruit</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Pancakes and Milk</p> <p>Lunch: Grilled Cheese, Potato, fruit or vegetable</p> <p>Pm Snack: Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Cheese Quesadilla, Rice, Fruit or Vegetable</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Toast, Jelly, and Milk</p> <p>Lunch: Parmesan and Butter Pasta, Roll, Fruit or Vegetable</p> <p>PM Snack Crackers and Fruit</p>
<p>Breakfast: Toast, Jelly, and Milk</p> <p>Lunch: Egg Sandwich, Potato Wedges, Fruit or Vegetable</p> <p>Pm Snack Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Beef, beans, and Rice & Fruit</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Pancakes and Milk</p> <p>Lunch: Egg Bites, Fruit & Vegetable</p> <p>Pm Snack: Crackers and Milk</p>	<p>Breakfast: Mixed Grain Cereal and Milk</p> <p>Lunch: Cheese Quesadilla, Rice, Fruit or Vegetable</p> <p>Pm Snack: Fruit and Milk</p>	<p>Breakfast: Toast, Jelly, and Milk</p> <p>Lunch: Mac n Cheese, Roll, Fruit or Vegetable</p> <p>Pm Snack: Crackers and Fruit</p>

- Menu subject to change without notification - Accommodations can be made for children with allergies - PM Snack: Two food groups offered during snack
 - Holidays that fall on a Monday will follow Monday's lunch schedule on Tuesday - Months that have 5 weeks will repeat week 4 of our menu for the 5th week
 - Serving Size:

<u>1-2 yrs</u>	<u>3-5 yrs</u>
Milk ½ cup	¾ cup
Veg./fruit ¼ cup	½ cup
Bread ½ slice	½ slice
Dry cereal ¼ cup	1/3 cup
Cooked pasta ¼ cup	¼ cup
Cheese 1 oz	1-1/2 oz
Poultry 1 oz	1-1/2 oz
Yogurt ¼ cup	½ cup