



# Pre-K Menu: February 23 - 27, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2/23	2/24	2/25	2/26	2/27
<b>Breakfast</b>	Apple Cinnamon Cheerios Fresh Orange Slices, ½ c Milk	Spinach, Mushroom & Egg Casserole With WW English Muffin Honeydew Melon Cup, ½ c Milk	Mini Cheese Omelet Buttermilk Biscuit Cinnamon Apples, ½ c Milk	WW Pancakes (2) with Syrup Turkey Sausage Links (2) Blueberry Cup, ½ c Milk	Vanilla Yogurt Parfait with Granola Pineapple Tidbit Cups, ½ c Milk
<b>Lunch</b>	Mini Turkey Corn Dogs with Ketchup & Mustard Steamed Zucchini, ½ c Steamed Corn Kernels, ½ c Milk	WG Spaghetti (½ c) & Chicken Meatballs (4) with Pasta Sauce Steamed Broccoli (½ c) Cantaloupe Cup, ½ c Milk	Cut Turkey Breast with Gravy Garlic Mashed Potatoes (½ c) Green Beans with Stewed Tomatoes, (½ c) WW Roll Milk	Beef Hot Dog with Bun Mustard & Ketchup Baked Sweet Potato Tots, ½ c Steamed Peas, ½ c Milk	Baked Fish Nuggets (2) with Ketchup WG Mac & Cheese, ½ c Italian Vegetable Medley, ½ c Sliced Peach Cup, ½ c Milk
<b>Snack</b>	Mini WG Bagel with FF Cream Cheese	Cheddar Goldfish Crackers Applesauce Cup, ½ c	Marranitos, 2.25 oz Mozzarella String Cheese	Pretzels, 1 oz 100% Apple Juice, 4 oz	Chia Oatmeal Strawberry Bar Cheddar Cheese Rectangle
<b>Late Snack</b>	Alphabet Cracker Cookies Tropical Fruit Cup, ½ c	WG Giant Cinnamon Goldfish Craisins, 1 oz	Petite Carrots, 2 oz Multi-Grain Sun Chips, 1 oz	Pineapple Cereal Bar Milk	Honey Graham Crackers Applesauce Cup, ½ c

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WW = Whole Wheat  
WG = Whole Grain  
FF = Fat-Free