



# Pre-K Menu: March 2 - 6, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3/2	3/3	3/4	3/5	3/6
<b>Breakfast</b>	Whole Grain Cheerios Fresh Orange Slices, ½ c Milk	WG Chicken & Biscuits (2) Fresh Fruit Cup Milk	Turkey Sausage Links (2) WG Waffle with Syrup Cantaloupe Cup, ½ c Milk	<u>Cold Plate:</u> WW English Muffin with Jelly Mixed Fruit Salad Milk	WW Pancakes (3) with Syrup Diced Pear Cup, ½ c Milk
<b>Lunch</b>	Baked Chicken Strips (2) with Ketchup Garlic Mashed Potatoes, ½ c Green Beans, ½ c WW Roll Milk	WG Spaghetti & Turkey Meat Sauce Broccoli & Cauliflower, ½ c Fresh Apple Milk	Hamburger with WW Bun Ketchup & Mustard Seasoned Oven Fries, ½ c Pineapple Tidbit Cup, ½ c Milk	Beef Shepherd's Pie Steamed Peas & Carrots, ½ c WW Roll Milk	Margherita Cheese Pizza Creamed Spinach, ½ c Fresh Banana Milk
<b>Snack</b>	Iced Oatmeal Cookies, 1.5 oz Dried Fruit Blend, 1 oz	Pretzels, 1 oz 100% Orange Juice, 4 oz	Cucumber & Tomato Salad, ½ c WW Crackers (2)	WG Chocolate Graham Bear Applesauce Cup, ½ c	Fruit Yogurt Cup Apple Cinnamon Rice Cake
<b>Late Snack</b>	WW Crackers (2) Cheddar Rectangle	Chia Oatmeal Strawberry Bar Applesauce Cup, ½ c	Chewy Granola Bar, 1 oz Milk	Petite Carrots, 2 oz Multi-Grain Sun Chips, 1 oz	Vanilla Wafers, 1.1 oz Craisins, 1 oz

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WW = Whole Wheat  
WG = Whole Grain  
LF = Low Fat