

CDA Preschool Weekly Menu: Cycle 1

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<ul style="list-style-type: none"> ◆ Pancakes ◆ Apples ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ WW Cinnamon Toast ◆ Peaches ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ Oatmeal ◆ Bananas ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ Cream of Wheat ◆ Oranges/raisins ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ Cheerios ◆ Berries ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<p style="text-align: center;">Egg Salad Sandwich</p> <ul style="list-style-type: none"> ◆ Egg Salad ◆ WW Bread ◆ Vegetable Soup ◆ Pears ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;">Turkey Chili</p> <ul style="list-style-type: none"> ◆ Turkey, Beans & Cheese ◆ Oranges ◆ Broccoli ◆ Cornbread ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ Parmesan Chicken ◆ Sweet Potatoes ◆ Baked Apple Slices ◆ Biscuits ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;">Burritos</p> <ul style="list-style-type: none"> ◆ Refried Beans - Cheese ◆ WW Tortilla ◆ Lettuce & Tomato ◆ Peaches ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;">Pasta & Ground Beef</p> <ul style="list-style-type: none"> ◆ WW Pasta ◆ Beef w/ Tomato Sauce ◆ Carrot coins ◆ Pineapple ◆ Milk  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>
<u>PM Snack</u>	<u>PM Snack</u>	<u>PM Snack</u>	<u>PM Snack</u>	<u>PM Snack</u>
<p style="text-align: center;">Quesadilla</p> <ul style="list-style-type: none"> ◆ Corn Tortilla ◆ Cheese  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ Kix Cereal ◆ Melon  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ String Cheese ◆ Assorted Veggies  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<p style="text-align: center;">Tuna Sandwich Squares</p> <ul style="list-style-type: none"> ◆ Tuna ◆ WW Bread  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>	<ul style="list-style-type: none"> ◆ Cottage Cheese ◆ Apples & Cinnamon  <p style="text-align: center;">*Or Seasonal Fruit/Veggie</p>