



Kiddie U Weekly MENUS

Preschool Menu

	WEEK 1	WEEK 2
	MONDAY	MONDAY
BREAKFAST	Waffles, Fruit & Milk	Waffles, Fruit & Milk
AM SNACK	Cheese & Ritz Crackers & Water	Goldfish & Water
LUNCH	Chicken Nuggets, Potato, Watermelon & Milk	Fish Sticks, Potato, Watermelon & Milk
PM SNACK	Chocolate Chip Cookies & Water	Ritz Crackers & Water
	TUESDAY	TUESDAY
BREAKFAST	French Toast, Fruit & Milk	French Toast, Fruit & Milk
AM SNACK	Graham Crackers, Bananas & Water	Graham Crackers, Bananas & Water
LUNCH	Ground Turkey & Rice, Vegetables, Strawberries & Milk	Chicken & Rice (White Sauce), Vegetables, Strawberries & Milk
PM SNACK	Ritz Crackers & Water	Pudding & Water
	WEDNESDAY	WEDNESDAY
BREAKFAST	Cereal (Cheerios), Fruit & Milk	Cereal (Cheerios), Fruit & Milk
AM SNACK	Animal Crackers & Water	Cheese & Crackers & Water
LUNCH	Ravioli, Vegetables, Honeydew, & Milk	Pizza, Vegetables, Honeydew & Milk
PM SNACK	Chex Mix & Water	Chocolate Chip Cookies & Water
	THURSDAY	THURSDAY
BREAKFAST	Scrambled Eggs, Fruit & Milk	Scrambled Eggs, Fruit & Milk
AM SNACK	Cheez-Its & Water	Chex Mix & Water
LUNCH	Meatloaf, Potato, Cantaloupe & Milk	Pasta w/ Meat (ground turkey) Sauce, Vegetables, Cantaloupe & Milk
PM SNACK	Yogurt & Water	Trail Mix (no peanuts) & Water
	FRIDAY	FRIDAY
BREAKFAST	Pancakes, Fruit & Milk	Pancakes, Fruit & Milk
AM SNACK	Applesauce, Vanilla Wafers & Water	Applesauce, Animal Crackers & Water
LUNCH	Turkey & Cheese Sandwiches, Chips, Carrots, Green Apples & Milk	Grilled Cheese Sandwiches, Chips, Carrots, Green Apples & Milk
PM SNACK	Trail Mix (no peanuts) & Water	Cheez-Its & Water

**Subject to change due to school holidays or chef's pantry items.



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Preschool Menu

	WEEK 3	WEEK 4
	MONDAY	MONDAY
BREAKFAST	Waffles, Fruit & Milk	Waffles, Fruit & Milk
AM SNACK	Cheez-Its & Water	Cheese & Saltine Crackers & Water
LUNCH	Chicken Nuggets, Potato, Watermelon & Milk	Hot Dogs, Potato, Watermelon & Milk
PM SNACK	Ritz Crackers & Water	Carrots w/ Hummus & Water
	TUESDAY	TUESDAY
BREAKFAST	French Toast, Fruit & Milk	French Toast, Fruit & Milk
AM SNACK	Graham Crackers & Water	Cheez-Its & Water
LUNCH	Macaroni & Cheese, Vegetables, Strawberries & Milk	Pasta w/ Meat Sauce (ground turkey), Vegetables, Strawberries & Milk
PM SNACK	Pudding & Water	Yogurt & Water
	WEDNESDAY	WEDNESDAY
BREAKFAST	Cereal (Cheerios), Fruit & Milk	Cereal (Cheerios), Fruit & Milk
AM SNACK	Animal Crackers, Bananas & Water	Graham Crackers, Bananas & Water
LUNCH	Beef Meatball Subs, Vegetables, Honeydew, & Milk	Chicken Sliders, Potato, Honeydew & Milk
PM SNACK	Yogurt & Water	Goldfish Crackers & Water
	THURSDAY	THURSDAY
BREAKFAST	Scrambled Eggs, Fruit & Milk	Scrambled Eggs, Fruit & Milk
AM SNACK	Chex Mix & Water	Chex Mix & Water
LUNCH	Chicken & Noodles (Alfredo), Vegetables, Cantaloupe & milk	Beef Meatballs w/ Noodles, Vegetables, Cantaloupe & Milk
PM SNACK	Goldfish Crackers & Water	Chocolate Chip Cookies & Water
	FRIDAY	FRIDAY
BREAKFAST	Pancakes, Fruit & Milk	Pancakes, Fruit & Milk
AM SNACK	Applesauce, Animal Crackers & Water	Applesauce, Animal Crackers & Water
LUNCH	Quesadillas, Chips, Carrots, Green Apples & Milk	Bologna & Cheese Sandwiches, Chips, Carrots, Green Apples & Milk
PM SNACK	Trail Mix (no peanuts) & Water	Vanilla Wafers & Water

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