

# TCDN PRESCHOOL SAMPLE MENU

	AM SNACK	LUNCH	PM SNACK
<b>Week 1</b>			
<b>MONDAY</b>	Cereal Bananas Milk	Tuna on Pita Grape Tomatoes Milk	Vanilla Wafers Pears Water
<b>TUESDAY</b>	Vanilla Yogurt Graham Crackers Juice	Pasta with Sauce Breadsticks Green Peppers Milk	Jello Canned Fruit Cool Whip Juice
<b>WEDNESDAY</b>	Rice Cakes Apple Butter Pears Juice	Egg Frittata Italian Bread Green Peppers Milk	Tortilla Chips Salsa Shredded Cheese Juice
<b>THURSDAY</b>	Grapes (cut in half) Ritz Crackers Juice	Chicken Nuggets Green Beans Milk	Kiwi Saltines w/ Cheese Chunks Juice
<b>FRIDAY</b>	Bagels & Cream Cheese Juice	Buttered Noodles Meatballs Peas Milk	Applesauce Crackers Water

**Water and Milk are Available All Day**

	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
<b>Week 2</b>			
<b>MONDAY</b>	Vanilla Wafers Bananas Water	Chicken Nuggets Green Beans Milk	Pineapples Cottage Cheese Water
<b>TUESDAY</b>	Raisin Bread' Cream Cheese Juice	Fish Sticks Broccoli Milk	Teddy Grahams Apples Water
<b>WEDNESDAY</b>	Grapes Cheese Its Water	Burritos - Cheese, Sour Cream, Beans, Salsa, Olives, Milk	Oranges Crackers Water
<b>THURSDAY</b>	Yogurt Graham Crackers Juice	Mini Raviolis w/ Sauce Italian Bread Milk	Animal Crackers Apples Water
<b>FRIDAY</b>	Pears Wheat Thins Water	English Muffin Pizza Carrots Milk	Pudding Apples Juice

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	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
<b>Week 3</b>			
<b>MONDAY</b>	Raisin Bread Cream Cheese Juice	Meatloaf Potatoes Broccoli Milk	Apples Wheat thins Water
<b>TUESDAY</b>	Cereal Bananas Milk	Macaroni & Cheese Stewed Tomatoes Carrots Milk	Vanilla wafers Grapes Water
<b>WEDNESDAY</b>	Apples Ritz Crackers Juice	Fish sticks Apple Sauce Green Beans Milk	Cheese Crackers Juice
<b>THURSDAY</b>	Yogurt Crackers Juice	Tomato Soup Crackers Cucumbers Milk	Gorp - Cereal, Choc.Chips, Goldfish Juice
<b>FRIDAY</b>	Teddy Grahams Oranges Water	Baked Potatoes, Cheese, Broccoli Milk	Goldfish Pears Water

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