

# Wishing Well Preschool - Fall / Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cripix (WG) Banana	English Muffin Juice	Egg Omlet w/ Cheese Melon	Multi-Grain Cheerios Juice	Raisin Bread Applesauce
Meatloaf California Blend Pears Bread	Enchilada Casserole Corn Grapes Corn Tortilla (WG)	BBQ Pork Asperagus Pineapple Bun (WG)	Ham / Cheddar Sweet Peppers Oranges Wheat Thins (WG)	Pizza Fries Carrots Tropical Fruit (crust)
Chex Mix Juice	Graham Crackers Milk	Goldfish Pretzel Juice	Scooby Grahams Milk	Juice Sociable Crackers

Waffle Berries	Kix (WG) Juice	Cinnamon Bread Applesauce	Banana Muffin Juice	Bagel w/ Cream Cheese Grapefruit
Hamburger Patty French Fries Mandarin Oranges Bun (WG)	Turkey / Cheddar Wrap Broccoli Apple Slices Tortilla	Turkey Sausage Hashbrown Tropical Fruit Pancake (WG)	Pizza Pasta Wax Beans Fruit Cocktail Noodles (WG)	Sunbutter Sandwich Green Beans Bananas Bread
Corn Tortilla Chips (WG) Salsa / Juice	Graham Crackers Milk	Breadsticks Juice	Jungle Crackers Milk	Juice Goldfish Cracker (WG)

Biscuit (WG) Oranges	Cheerios (WG) Juice	French Toast Sticks Juice	Oatmeal (WG) Berries	Seasonal Swirl Bread Juice
Sausage Pizza Cucumbers Red Grapes (Crust)	Chicken Quesadilla Lettuce / Tomato Pineapple Tortilla	Tater Tot Casserole Tater Tots Apricots Bread (WG)	Ham and Cheese Cubes Cauliflower Plums (Prunes) Townhouse Crackers	Fish Sticks Carrots Pears (Breeding WG)
Chex Mix Juice	Teddy Grahams Milk	Club Crackers Sliced Cheese	Pretzel Sticks Juice	Animal Crackers Milk

Croissants Juice	Wheat Chex Juice	French Toast Swirl Juice	Apple Cinnamon Muffin Applesauce	Yogurt Berries
Sloppy Joe (Beef) Brussel Sprouts Fruit Cocktail Bun (WG)	Chicken Rice Casserole Broccoli Peaches Rice	Mac' n' Cheese Peas Apple Slices Noodles	Ham / Cheese Carrots Mandarin Oranges Dinner Roll (WG)	Chicken Nuggets Mixed Vegetables Tropical Fruit (breeding WG)
Cinnamon Bug Bites Milk	String Cheese Grapes	Cereal Mix Dried Raisins / Craisins	Sun Chips Juice	Rice Cakes Juice

Life (WG) Bananas	Pancakes Applesauce	Cinnamon Bagel Berries	Blueberry Muffin Juice	Belvita Juice
Meatballs Lettuce Salad Pineapple Noodles	Chicken Pot Pie Mixed Vegetables Peaches Crust	Corn Dogs Green Beans Tropical Fruit (Breeding WG)	Ham/Provolone Roll Up Corn Oranges Tortilla	Grilled Cheese Tomato Soup Pears Saltines / Bread
Chicken in a Biskit Juice	Cheese It's (WG) Juice	Humus Pita Chips	RyKrisps Apples	Goldfish Grahams (WG) Milk

All breakfasts and lunches are served with non-flavored white milk. Whole or skim based on age and CACFP requirements.

All juice is 100% fruit juice. **WG** = Whole Grain item