

## *Wishing Well Preschool - Fall / Winter Menu 2016*

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	B-Grain	Apple Bread	English Muffins	Waffles	Mixed Berry Muffin	Kix Cereal
	B- Fruit	Juice	Juice	Mixed Fruit	Juice	Bananas
	L-Meat	BBQ Hot Dog	Chicken Rice	Chili w/ hamburger	Ham & Cheese	Tuna Pasta
	L-Grain	Crackers	Casserole	Noodles / crackers	Salad	Salad
L-Veg	Carrots	Broccoli	Wax Beans	Dinner Roll	Peas	
L-Fruit	Pears	Tropical Fruit	Peaches	Pineapple	Apple Slices	
S-Grain	Jelly Bread	Teddy Grahams	Goldfish	Animal Crackers	Cook's	
S-Fruit/Veg			Juice		Choice	
S-Protein	Milk	Milk		Yogurt		
Week 2	B-Grain	Raisin Bread	Bagels	Nutrigrain Bars	Choc. Chip Muffin	Cripix Cereal
	B- Fruit	Apples	Juice	Juice	Juice	Juice
	L-Meat	Sloppy Joes (burger)	Chicken & Gravy	Mexican Lasagna	Corn Dogs	Cheese Pizza
	L-Grain	Bun	on a Biscuit	Beef, Cheese & Tortillas	(breading)	(Crust)
L-Veg	Wax Beans	Peas	Corn	Celery / Carrots	Broccoli	
L-Fruit	Fruit Cocktail	Mandarin Oranges	Applesauce	Grapes	Pears	
S-Grain	Pretzels	Graham Crackers	Club Crackers	Oatmeal Cookies	Bread Sticks	
S-Fruit/Veg	Juice		Carrots		Juice	
S-Protein		Milk		Milk		
Week 3	B-Grain	Pumpkin Bread	Cereal Bar	Pancakes	Cinnamon Muffin	Chex Cereal
	B- Fruit	Juice	Juice	Mixed Berries	Apples	Bananas
	L-Meat	Hot Dog	Chicken Soup	Beef & Cheese	Scalloped Potatoes	Grilled Cheese
	L-Grain	Bun	Saltine Crackers	Taco Salad	w/ Ham	on Bread
L-Veg	Beets	Peas and Carrots	Corn Chips	Bread & butter	Tomato Soup	
L-Fruit	Tropical Fruit	Pineapple	Peaches	Mandarin Oranges	Fruit Cocktail	
S-Grain	Nilla Wafers		Gardetto's	Cheese It's	Trail Mix	
S-Fruit/Veg		Peaches	Juice	Juice	Juice	
S-Protein	Milk	Cottage Cheese				
Week 4	B-Grain	Cinnamon Bread	Jelly Toast	French Toast	Blueberry Muffin	Fruit Loops
	B- Fruit	Juice	Juice	Applesauce	Juice	Juice
	L-Meat	Ring Bologna	Chicken & Cheese	Beef & Gravy	Pizza Pasta	String Cheese
	L-Grain	Egg Noodles	Quesadilla	Bread & Butter	w/ cheese & pepperoni	Saltines
L-Veg	Peas	Corn	Mashed Potatoes	Broccoli	Vegitable Soup	
L-Fruit	Tropical Fruit	Grapes	Peaches	Pears	Pineapple	
S-Grain	Crackers	Rice Krispy Bars	Fig Newton	Goldfish Grahams	Chex Mix	
S-Fruit/Veg			Juice		Juice	
S-Protein	String Cheese	Milk		Milk		
Week 5	B-Grain	Cinnamon Toast	Biscuits	Cereal Bar	Lemon Muffin	Cheerios
	B- Fruit	Juice	Juice	Juice	Oranges	Juice
	L-Meat	Chicken Nuggets	Chicken Fried	Tater Tot Casserole	Ham & Cheese	Fish Sticks
	L-Grain	(breading)	Rice	w/ hamburger	Roll Ups	(breading)
L-Veg	Beets	Peas and Carrots	Bread	Celery	Carrots	
L-Fruit	Mandarin Oranges	Fruit Cocktail	Pears	Apples	Tropical Fruit	
S-Grain	Doritos	Triscuits	Cereal Mix	Veggie Straws	Sun Chips	
S-Fruit/Veg		Apple Slices		Juice	Juice	
S-Protein	Cottage Cheese		Milk			

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

All juice is 100% fruit juice.