

Wishing Well Preschool - Fall / Winter Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	B- Grain B-Fruit	Rice Krispies Juice	WG Toast Banana	Waffles Mixed Berries	WG English Muffin Juice	Yogurt Fresh Berries
	L-Meat L-Grain L-Veg L-Fruit	BBQ Hot Dog WG Crackers Celery Bananas	Chicken w/ Fried Rice Peas / Carrots Fruit Cocktail	Beef w/ gravy WG Bread Mashed Potatoes Peaches	Turkey and Provalone on a Sandwich Thin Carrots Grapes	Ham and Cheese Chef Salad WG Dinner Roll Mandarin Oranges
	S - Grain S -Fruit / Veg S - Protien	Animal Crackers Milk	Oyster Crackers Juice	Pretzels Juice	Pineapple Cottage Cheese	Cheese Its Juice

Week 2	B- Grain B-Fruit	Multigrain Cheerios Juice	Cinnamon Bread Applesauce	French Toast Juice	Pancakes Mixed Berries	Yogurt Blueberries
	L-Meat L-Grain L-Veg L-Fruit	Hot Ham and Cheese on Bun Green Beans Pineapple	Tuna Salad w/ WG Noodles Peas Pears	Chili w/ hamburger WG Noodles Corn Grapes	Cheese Quesadilla WG Tortilla Celery / Carrots Oranges	Itallian Pasta w/ Cheese Broccoli Tropical Fruit
	S - Grain S -Fruit / Veg S - Protien	WG Crackers String Cheese	Rice Cakes Juice	Peaches Cottage Cheese	Chex Mix Juice	WG Triscuts Apple Slices

Week 3	B- Grain B-Fruit	Muffins Pears	WG Bagel Juice	WG Toast Juice	Biscuit Juice	Life Cereal Bananas
	L-Meat L-Grain L-Veg L-Fruit	BBQ Beef on a WG Bun Wax Beans Fruit Cocktail	Cheese Chicken Rice Casserole Broccoli Mandarin Oranges	Corn Dog (Breeding) Carrots Pears	Tuna Casserole w/ Noodles Peas Applesauce	Beef Goulash w/ WG Noodles Green Beans Tropical Fruit
	S - Grain S -Fruit / Veg S - Protien	Gardettos Juice	Blueberry Bread Milk	Apples Cheese Cubes	WG Crackers Cheese	Sun Chips Juice

Week 4	B- Grain B-Fruit	WG Bagel Juice	Muffin Juice	Pancakes Mixed Fruit	Biscuit Juice	Frosted Mini Wheats Juice
	L-Meat L-Grain L-Veg L-Fruit	Hot Dog on a Bun Beets Fruit Cocktail	Chicken Patty on WG Bun Celery Pineapple	String Cheese WG Crackers Vegetable Soup Apple Slices	WG Spaghetti Noodle w/ Meat Sauce Salad Pears	Tuna Melt on WG English Muffin Wax Beans Peaches
	S - Grain S -Fruit / Veg S - Protein	Teddy Grahams Milk	Goldfish Grahams Milk	Cucumbers Ranch Yogurt	Tortilla Chips Salsa	Crackers Applesauce

Week 5	B- Grain B-Fruit	Kix Cereal Juice	Croissant Juice	Raisin Bread Applesauce	Waffles Mixed Berries	Muffins Juice
	L-Meat L-Grain L-Veg L-Fruit	Turkey and Cheese on WG Tortilla Carrots Grapes	Beef Taco w/ Cheese WG Tortilla Chips Lettuce / Tomato Peaches	Chicken Alfredo w/ WG Noodles Corn Tropical Fruit	Cheese Pizza WG English Muffin Wax Beans Mandarin Oranges	Hamburger on a WG Bun mixed Vegetables Fruit Cocktail
	S - Grain S -Fruit / Veg S - Protein	Graham Crackers Milk	Wheat Thins Sliced Cheese	Goldfish Crackers Juice	Pretzels Juice	Apples Yogurt

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