

Wishing Well Preschool - Spring / Summer Menu 2016

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	B-Grain	English Muffins	Berry Muffins	Bagels	Pancakes	Chex Cereal
	B- Fruit	Juice	Juice	Juice	Mixed Berries	Bananas
	L-Meat	BBQ Chicken	Hamburger	Tuna Salad	Ham & Cheese	Spaghetti w/
	L-Grain	in a Pita	on a Bun	w/ noodles & cheese	Chef Salad	Meat Sauce
L-Veg	Mandarin Oranges	Grapes	Oranges	Peaches	Tropical Fruit	
L-Fruit	Corn	Celery	Peas	Dinner Roll	Wax Beans	
S-Grain		Gardetto	Cereal Mix	Chex Mix	Cheese It's	
S-Fruit/Veg	Peaches	Juice		Juice	Juice	
S-Protein	Cottage Cheese		Milk			
Week 2	B-Grain	Cereal Bars	Cinnamon Bread	Biscuits w/ jelly	Pancakes	Life Cereal
	B- Fruit	Juice	Juice	Juice	Strawberries	Bananas
	L-Meat	Turkey & Cheese	Tater Tot Casserole	Chicken Alfredo	Pepperoni & Cheese	Ham & Swiss
	L-Grain	on Crackers	w/ hamburger	w/ noodles	Pasta Salad	on Sandwich Thins
L-Veg	Grapes	Fruit Cocktail	Pineapple	Cantaloupe	Cutie / Halo	
L-Fruit	Carrot Chips	Bread & Butter	Green Beans	Cucumbers	Peas	
S-Grain	Club Crackers	Corn Chips	Goldfish Grahams	Trail Mix	Seasoned Oysters	
S-Fruit/Veg		Juice		Juice	Juice	
S-Protein	Cheese		Milk			
Week 3	B-Grain	Raisin Bread	French Toast	Apple Muffin	Waffles	Kix Cereal
	B- Fruit	Juice	Apples	Juice	Mixed Fruit	Juice
	L-Meat	Chicken Ranch	Hot Dog	Hamburger Chili	Cheesy Chicken	Cheese Pizza
	L-Grain	Wrap	on a Bun	w/ Noodles & Crackers	Rice Casserole	(crust)
L-Veg	Apples	Grapes	Pineapple	Peaches	Fruit Cocktail	
L-Fruit	Celery	Carrot Chips	Corn	Broccoli	Mixed Veggies	
S-Grain	Goldfish Crackers	Doritos	Teddy Grahams	Rice Cakes	Graham Crackers	
S-Fruit/Veg	Juice			Juice	Fruit Leather	
S-Protein		Cottage Cheese	Milk			
Week 4	B-Grain	Cinnamon Toast	Pancakes	Life Cereal	English Muffins	Cereal Bar
	B- Fruit	Grapes	Juice	Bananas	Juice	Juice
	L-Meat	Bar-B-Que	Ham & Cheese	Chicken Pasta	Scalloped Potatoes	Corn Dogs
	L-Grain	on a Bun	Chef Salad	Salad	w/ Ham	(breading)
L-Veg	Watermelon	Pineapple	Tropical Fruit	Pears	Oranges	
L-Fruit	Green Beans	Dinner Roll	Cucumbers/Tomatoes	Bread & Butter	Peas	
S-Grain	Sun Chips	Nilla Wafers	Goldfish Crackers	Oatmeal Cookies	Cook's Choice	
S-Fruit/Veg	Juice		Juice		Juice	
S-Protein		Milk		Milk		
Week 5	B-Grain	Nutrigrain Bar	Waffles	Jelly Toast	Biscuits	Bagels
	B- Fruit	Juice	Fresh Fruit	Juice	Juice	Bananas
	L-Meat	Chicken & gravy	Turkey & Cheese	BBQ Hot Dogs	Beef Taco	Ham & Swiss
	L-Grain	w/ Biscuits	Sub Sandwich	Crackers	Salad	Roll Ups
L-Veg	Peaches	Apple Slices	Tropical Fruit	Pears	Oranges	
L-Fruit	Broccoli	Carrot Chips	Wax Beans	Corn Chips	Cucumbers	
S-Grain	Animal Crackers	Breadsticks	Fig Newton's	Crackers	Pretzels	
S-Fruit/Veg			Juice		Juice	
S-Protein	Milk	Juice		Cheese		

All breakfasts and lunches are served with milk. Whole or skim based on age and CACFP requirements. All juice and juice bars are 100% fruit juice.