

# The Chalkboard

## Preschool

Week 1	Breakfast	Lunch	Snack
Monday	French Toast Strawberries Milk	Twisted Pasta/ Chicken Alfredo Broccoli Corn Milk/Water	Graham Crackers Water
Tuesday	Cereal Bananas Milk	Taco Salad w/Lettuce, Tomatoes, and Tortillas Milk/Water	Cheese and Crackers Water
Wednesday	Oatmeal w/Fruit Apple Juice Milk	Baked Chicken Lasagna w/Sweet Peppers Pear Slices Milk/Water	Fruit Salad Water
Thursday	Blueberry Muffins Orange Juice Milk	Biscuit Turkey Pot Pie Peaches Milk/Water	Low Fat Yogurt Water
Friday	Pancakes Apple Juice Milk	Sloppy Joes Baked Apples Carrot Sticks Milk/Water	Pineapple/ Strawberries Water

Week 2	Breakfast	Lunch	Snack
Monday	Toast Bananas Milk	Grilled Chicken Nuggets Green Beans Orange Slices Wheat Roll Milk/Water	Applesauce Water
Tuesday	Strawberry Parfait Milk	Open-Face Tuna Sandwich Salad Grapes/Orange Slices Milk/Water	Granola Bar Water
Wednesday	Cinnamon Rolls Blueberries Milk	Turkey Rigatoni Peas and Carrots Milk/Water	Cheese Sticks Water
Thursday	Sausage Biscuits Grapes Milk	Chicken-Broccoli-Rice Casserole Grapes Whole Wheat Roll Milk/Water	Orange Slices Water
Friday	Granola Bars Apples Milk	Homemade Spinach/Pepperoni Pizza Yogurt Milk/Water	Cucumber slices w/ranch dipping Water

Week 3	Breakfast	Lunch	Snacks
Monday	Fruit Cup Milk	Baked Spaghetti Salad Milk/Water	Apples w/dipping sauce Water
Tuesday	French Toast Berries Milk	Turkey Breast Loaded Mash Potatoes Green Beans Milk/Water	Oatmeal Raisin Cookie Water
Wednesday	Cereal Banana Milk	Pig in a Blanket Peas Pineapple Chunks Milk/Water	Pretzels Water
Thursday	Bagel Grapes Milk	Cheeseburger Macaroni Mixed Vegetables Orange Slices Milk/Water	Tortilla Chips w/ salsa Water
Friday	Scrambled Egg , Cheese, Ham Bowl Milk	Chicken Fajitas w/Sweet Peppers Fiesta Rice Corn Milk/Water	S'more Mix Water