

MONTHLY 4 WEEKS ROTATING MENU FOR PRESCHOOL

WEEK	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	BREAKFAST	CEREAL, FRUIT, MILK	PANCAKES, FRUIT, MILK	MUFFINS, FRUIT, MILK	WAFFLES, FRUIT, MILK	CEREAL, FRUIT, MILK
	SNACK	PRETZELS, CHEESE CUBES	GRANOLA BARS, MILK	CHEX MIX, JUICE	CHEESE, CRACKERS	RICE KRISPIE BARS, FRUIT CUP
WEEK TWO	BREAKFAST	CEREAL, FRUIT, MILK	BAGELS CREAM CHEESE, FRUIT, MILK	YOGURT, GRANOLA, AND MILK	ENGLISH MUFFINS, FRUIT, MILK	CEREAL, FRUIT, MILK
	SNACK	GRANOLA BARS, RAISINS,	GOLDFISH, FRUIT	STRING CHEESE, FRUIT	BUG BITE CRACKERS, JUICE	BANANA BREAD, MILK
WEEK THREE	BREAKFAST	CEREAL, FRUIT, MILK	PANCAKES, FRUIT, MILK	MUFFINS, FRUIT, MILK	WAFFLES, FRUIT, MILK	CEREAL, FRUIT, MILK
	SNACK	PRETZELS, CHEESE CUBES	GRANOLA BARS, MILK	CHEX MIX, JUICE	CHEESE, CRACKERS	RICE KRISPIE BARS, FRUIT CUP
WEEK FOUR	BREAKFAST	CEREAL, FRUIT, MILK	BAGELS CREAM CHEESE, FRUIT, MILK	YOGURT, GRANOLA, AND MILK	ENGLISH MUFFINS, FRUIT, MILK	CEREAL, FRUIT, MILK
	SNACK	GRANOLA BARS, RAISINS,	GOLDFISH, FRUIT	STRING CHEESE, FRUIT	BUG BITE CRACKERS, JUICE	BANANA BREAD, MILK