



Preschool Breakfast and Snack Menu for February 2012

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|--|---|--|--|--|
| | | | 1 | 2 | 3 |
| Breakfast | | | ½ cup cereal 6 oz. milk ½ cup honeydew melon | ½ cup cereal 6 oz. milk ½ orange | ½ biscuit 1 egg patty 6 oz. milk ½ cup honeydew melon |
| Afternoon Snack | | | ½ cup animal crackers 4 oz. milk | 1 fig bar 4 oz. milk | ½ banana ½ blueberry muffin |
| Evening Snack | | | 4 ritz crackers 2 cheese cubes | 1 pc. string cheese ½ apple | ½ fresh pear ½ cup wheat crackers |
| | 6 | 7 | 8 | 9 | 10 |
| Breakfast | ½ cup cereal 6 oz. milk ½ orange | ½ blueberry muffin 6 oz. milk ½ orange | ½ cup cereal 6 oz. milk ½ banana | 1 mini bagel 2 tsp. cream cheese 6 oz. milk ½ cup pineapple | 1 pc. raisin bread 6 oz. milk ½ banana |
| Afternoon Snack | ½ cup cheese goldfish 4 oz. milk | ½ cup honeydew melon ½ cup graham crackers | ½ fresh apple 1 T soy butter | ½ fresh pear ½ cup ritz crackers | ½ cup whole grain tortilla chips ¼ cup salsa |
| Evening Snack | ¼ cup cottage cheese ½ cup sliced peaches | ½ cup crispix 4 oz. milk | ½ fresh orange ½ cup oyster crackers | ¼ cup sugar snap peas 1 tsp. ranch dip 10-14 wheat crackers | ½ cup crispix 4 oz. milk |
| | 13 | 14 | 15 | 16 | 17 |
| Breakfast | ½ cup cereal 6 oz. milk ½ fresh pear | 1 mini bagel 2 tsp. cream cheese 6 oz. milk ½ cup applesauce | ½ cup cereal 6 oz. milk ½ cup honeydew melon | ½ cup cereal 6 oz. milk ½ banana | ½ biscuit 1 egg patty 6 oz. milk ½ orange |
| Afternoon Snack | ½ mini pita 1 T soy butter | ½ bran muffin 4 oz. milk | ½ cup animal crackers 4 oz. milk | 1 fig bar 4 oz. milk | ½ banana ½ blueberry muffin |
| Evening Snack | 3 pcs broccoli 1 tsp. ranch dip 10-14 wheat crackers | ½ breadstick ½ oz. marinara sauce 4 oz. milk | 4 ritz crackers 2 cheese cubes | 1 pc. string cheese ½ cup applesauce | ½ fresh pear ½ cup wheat crackers |
| | 20 | 21 | 22 | 23 | 24 |
| Breakfast | ½ cup cereal 6 oz. milk ½ cup diced pears | ½ blueberry muffin 6 oz. milk ½ orange | ½ cup cereal 6 oz. milk ½ banana | 1 mini bagel 2 tsp. cream cheese 6 oz. milk ½ cup pineapple | 1 pc. raisin bread 6 oz. milk ½ banana |
| Afternoon Snack | ½ cup cheese goldfish 4 oz. milk | ½ cup honeydew melon ½ cup graham crackers | ½ fresh apple 1 T soy butter | ½ fresh pear ½ cup ritz crackers | ½ cup whole grain tortilla chips ¼ cup salsa |
| Evening Snack | ¼ cup cottage cheese ½ cup sliced peaches | ½ cup crispix 4 oz. milk | ½ fresh orange ½ cup oyster crackers | ¼ cup sugar snap peas 1 tsp. ranch dip 10-14 wheat crackers | ½ cup crispix 4 oz. milk |
| | 27 | 28 | 29 | | |
| Breakfast | ½ cup cereal 6 oz. milk ½ fresh pear | 1 mini bagel 2 tsp. cream cheese 6 oz. milk ½ cup applesauce | ½ cup cereal 6 oz. milk ½ cup honeydew melon | | |
| Afternoon Snack | ½ mini pita 1 T soy butter | ½ bran muffin 4 oz. milk | ½ cup animal crackers 4 oz. milk | | |
| Evening Snack | 3 pcs broccoli 1 tsp. ranch dip 10-14 wheat crackers | ½ breadstick ½ oz. marinara sauce 4 oz. milk | 4 ritz crackers 2 cheese cubes | | |

*As part of our initiative to serve more fresh fruits and vegetables, our snack menu may vary slightly so as to ensure freshness.