

Thelma B. Pittman Jupiter Preschool
WEEKLY MENU PLAN

DAY	BREAKFAST	LUNCH	PM SNACK
	Bread or Grain <i>(Fresh/Canned/Frozen)</i> Fruit or Vegetable Milk or Juice <i>Serve fresh, canned, frozen fruit or vegetable at least twice weekly brk & snk</i>	Meat <i>(Fresh/Canned/Frozen)</i> Fruit <i>(Fresh/Canned/Frozen)</i> Vegetable Bread Milk	<i>(select two)</i> Meat <i>(Fresh/Canned/Frozen)</i> Fruit or Vegetable Bread Milk or Juice
MON	WG Cheerios Cereal Blueberries Milk	Diced Hot Dogs 100% Whole Wheat Bread Green Beans Mixed Fruits Milk	Goldfish Milk
TUES	Waffles w/ Syrup Strawberries Milk	Grilled Chicken Brown Rice Black Beans Apple Slices Milk	Animal Crackers Milk
WED	Bagels w/ Cream Cheese Banana Milk	Beef Tacos on Whole Wheat Tortilla Salad w/ Ranch Dressing Watermelon Chunks Milk	WG Sun Chips Vanilla Yogurt
THUR	WG Chex Cereal Apple Slices Milk	Chicken Alfredo 100% Whole Wheat Bread Broccoli Mandarin Oranges Milk	Honey Maid Whole Wheat Graham Crackers 100% Juice
FRI	English Muffins Banana Milk	Chicken Nuggets 100% Whole Wheat Bread Corn Peaches Milk	WG Wheat Thins Cheese Cubes