

**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	Multi Grain Cheerios Cereal Apple Slices Milk	Ham & Cheese Quesadilla on Whole Wheat Tortilla Mixed Vegetables Apple Slices Milk	WG Graham Crackers Milk
TUES	Toast on 100% Whole Wheat Bread Bananas Milk	WG Chicken Strips Brown Rice Corn Orange Slices Milk	WG Pretzels 100% Juice
WED	Bagels w/ Cream Cheese Strawberries Milk	Spaghetti w/ Meatballs 100% Whole Wheat Bread Salad w/ Ranch Dressing Mandarin Oranges Milk	WG Wheat Thins Applesauce
THUR	WG Kix Cereal Bananas Milk	Turkey and Cheese Sandwich 100% Whole Wheat Bread Sweet Peas Tropical Fruit Milk	Goldfish 100% Juice
FRI	Oatmeal Blackberries Milk	WG Chicken Nuggets 100% Whole Wheat Bread Green Beans Peaches Milk	Cheez-Its Milk

Children 1 year old are served whole milk.
Children 2 years and older are served 1% low-fat milk.