

WEEK 3

**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 Raisin Bran Cereal Blueberries Milk	Chicken Sandwich on 100% Whole Wheat Bread Corn Fruit Cocktail Milk	Honey Maid Graham Crackers Milk
TUES	Pancakes w/ Syrup Strawberries Milk	Macaroni and Cheese 100% Whole Wheat Bread Green Beans Peaches Milk	WG Sun Chips 100% Juice
WED	Bagel w/ Cream Cheese Oranges Milk	Turkey and Cheese on 100% Whole Wheat Bread Salad w/ Ranch Dressing Orange Slices Milk	Pretzels Cheese Cubes
THUR	Chex Cereal Bananas Milk	Beef Tacos on Whole Wheat Tortilla Sweet Peas Cantaloupe Milk	Animal Crackers Milk
FRI	Toast on 100% Whole Wheat Bread Blackberries Milk	Chicken Nuggets 100% Whole Wheat Bread Broccoli Apple Slices Milk	WG Wheat Thins Vanilla Yogurt

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