

WEEK 4

**Thelma B. Pittman Jupiter Preschool  
WEEKLY MENU PLAN**

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	<b>Bread or Grain</b> <i>(Fresh/Canned/Frozen)</i> <b>Fruit or Vegetable</b> <b>Milk or Juice</b> <i>Serve fresh, canned, frozen  fruit or vegetable at least  twice weekly brk &amp; snk</i>	<b>Meat</b> <i>(Fresh/Canned/Frozen)</i> <b>Fruit</b> <i>(Fresh/Canned/Frozen)</i> <b>Vegetable</b> <b>Bread</b> <b>Milk</b>	<i>(select two)</i> <b>Meat</b> <i>(Fresh/Canned/Frozen)</i> <b>Fruit or Vegetable</b> <b>Bread</b> <b>Milk or Juice</b>
<b>MON</b>	Honey Bunches of Oats Apple Slices Milk	Cheese Quesadilla on Whole Wheat Tortilla Green Beans Orange Slices Milk	Ritz Crackers Turkey Deli Meat
<b>TUES</b>	Oatmeal Raspberries Milk	WG Fish Sticks Brown Rice Sweet Peas Apple Slices Milk	WG Triscuits String Cheese
<b>WED</b>	Cheese Toast on 100% Whole Wheat Bread Banana Milk	Cheeseburger on 100% Whole Wheat Bread Salad w/ Ranch Dressing Pears Milk	Pirate Booty 100% Berry Juice
<b>THUR</b>	French Toast Strawberries Milk	Beef Ravioli w/ Meat Sauce 100% Whole Wheat Bread Steamed Carrots Pineapples Milk	WG Pretzels String Cheese
<b>FRI</b>	Biscuits w/ Jelly Blueberries Milk	WG Chicken Nuggets 100% Whole Wheat Bread Corn Peaches Milk	Animal Crackers 100% Juice

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