

# Little Feet Little Face Preschool

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Oatmeal _____ Milk/Fresh Juice	Bananas & Yogurt _____ Milk	Oranges & Yogurt _____ Milk	Croissants _____ Milk/Fresh Juice	Apples & Yogurt & _____ Milk
LUNCH	Mixed Green Salad Cheese Burger Mac & Cheese W/W Bread Green Beans Milk/Fresh Juice	Mixed Green Salad Baked Fish Mashed Potatoes Brussel Sprouts Milk/Fresh Juice	Mixed Green Salad Vegetable / Egg Stir Fry Celery Sticks Milk/Fresh Juice	Red Peppers Beef / Vegetable Soup Avocado Sandwiches Milk/Fresh Juice	Mixed Green Salad Chicken Paprikash Noodles Broccoli Milk/Fresh Juice
AFTERNOON SNACK	Grapes & Yogurt _____ Fresh Juice	Veggies & Dip _____ Fresh Juice	Rice Cakes _____ Fresh Juice	Berries & Yogurt _____ Fresh Juice	Chocolate Cake _____ Fresh Juice

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Granola Bars _____ Milk/Fresh Juice	Cereal & _____ Fresh Juice	Apples & Yogurt _____ Milk	W/W Toast & Jam _____ Milk/Fresh Juice	Pears & Yogurt _____ Milk
LUNCH	Mixed Green Salad Beef Lasagna W/W Bread Red Peppers Milk/Fresh Juice	Carrot Sticks Veggie Soup Egg Salad Sandwiches Milk/Fresh Juice	Mixed Green Salad Baked Garlic Chicken Fried Rice Cauliflower Milk/Fresh Juice	Mixed Green Salad Chicken Hotdogs Hash Browns Brown Beans Milk/Fresh Juice	Mixed Green Salad Tuna Bake Broiled Potatoes Broccoli Milk/Fresh Juice
AFTERNOON SNACK	Oranges & Yogurt _____ Fresh Juice	Berries & Yogurt _____ Fresh Juice	Apple Sauce _____ Fresh Juice	Grapes & Yogurt _____ Fresh Juice	Sugar Cookies _____ Fresh Juice

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Grapes & Yogurt _____ Milk	Croissants _____ Milk/Fresh Juice	Bananas & Yogurt & _____ Milk	Granola Bars _____ Milk/Fresh Juice	Apples & Yogurt _____ Milk
LUNCH	Mixed Green Salad Beef & Tomato Sauce Pasta Peas Milk/Fresh Juice	Celery Sticks Cream Cheese Bagels Chicken & Cabbage & Potato Soup Milk/Fresh Juice	Mixed Green Salad Tofu Chili W/W Toast Carrot Sticks Milk/Fresh Juice	Mixed Green Salad Beef Pepperoni Pizza Red Peppers Yellow Peppers Milk/Fresh Juice	Mixed Green Salad Broiled Fish Rice Broccoli Milk/Fresh Juice
AFTERNOON SNACK	Crackers & Cheese _____ Fresh Juice	Pears & Yogurt _____ Fresh Juice	Multi Grain Chips & Salsa _____ Fresh Juice	Oranges & Yogurt _____ Fresh Juice	Vanilla Cake _____ Fresh Juice

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cereal _____ Fresh Juice	Grapes & Yogurt _____ Milk	Pancakes _____ Milk/Fresh Juice	Apples & Yogurt _____ Milk	Pears & Yogurt _____ Milk
LUNCH	Mixed Green Salad Beef Goulash Noodles Cauliflower Milk/Fresh Juice	Mixed Green Salad Veggie Omelette W/W Bread Celery Sticks Milk/Fresh Juice	Carrot Sticks Cream of Broccoli Soup Turkey Bagels Milk/Fresh Juice	Mixed Green Salad Salmon Potatoes Broccoli Milk/Fresh Juice	Mixed Green Salad Chicken Stir Fry Peas Milk/Fresh Juice
AFTERNOON SNACK	Berries & Yogurt _____ Fresh Juice	Rice Cakes _____ Fresh Juice	Oranges & Yogurt _____ Fresh Juice	Veggies & Dip _____ Fresh Juice	Ginger Cookies _____ Fresh Juice

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Grapes & Yogurt _____ Milk	Waffles _____ Milk/Fresh Juice	Pears & Yogurt _____ Milk	Cheerios & _____ Fresh Juice	Apples & Yogurt _____ Milk
LUNCH	Mixed Green Salad Tofu Burgers French Fries Tomatoes Milk/Fresh Juice	Mixed Green Salad Beef Tomato Sauce Spaghetti Broccoli Milk/Fresh Juice	Mixed Green Salad Broiled Potato Barbeque Chicken Carrots Milk/Fresh Juice	Celery Sticks W/W Cheese Sandwiches Chicken Noodle Soup Milk/Fresh Juice	Mixed Green Salad Beef & Veggie Stir Fry Cucumbers Milk/Fresh Juice
AFTERNOON SNACK	Croissants & Jam _____ Fresh Juice	Oranges & Yogurt _____ Fresh Juice	Hard Boiled Eggs & W/W Crackers _____ Fresh Juice	Berries & Yogurt _____ Fresh Juice	Chocolate Chip Cookies _____ Fresh Juice

\* Menus subject to change without notice. \* Foods vary per season. \* All Juices are Emulsified fresh daily. \* Desserts are served on special occasions.