

Menu: Rotation 1



MON	TUES	WED	THURS	FRI
<p>Breakfast: Cereal with milk. Apple.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Macaroni & cheese with peas, carrot and chicken* hotdog. Milk.</p> <p>Snack: Yogurt parfait: Berries with vanilla yogurt with bran buds on top.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: veggie hotdog.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Pear.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Chicken* low mein w/mix vegetables (red pepper, broccoli, carrots, zucchini and mushroom). Milk.</p> <p>Snack: Banana. Cereal bar.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Banana.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Mushroom chicken* on rice with steamed broccoli on the side. Milk.</p> <p>Snack: Honeydew. Soda crackers.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Red grapes.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Quinoa with ground chicken*, cherry tomato, mushroom, broccoli, zucchini and red pepper. Milk.</p> <p>Snack: Pear. Arrowroot crackers.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Honeydew.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Chicken nuggets* with peas, carrots and corns on the side. Milk.</p> <p>Snack: Red grapes. Whole wheat tortilla chip.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian: substitute with veggie nuggets.</small></p>

NOTE: Water is offered throughout the day and is accessible for all preschool children. Please notify your child's teacher or the director as soon as possible if changes are needed to accommodate your child's needs.

Menu: Rotation 2



MON	TUES	WED	THURS	FRI
<p>Breakfast: Cereal with milk. Apple.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Noodles in vegetable soup with peas, carrots and chicken* hotdog. Milk.</p> <p>Snack: Yogurt parfait: Peach with vanilla yogurt with bran buds on top.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: veggie hotdog.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Pear.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Chicken* stir fry with mix vegetable (sweet peppers, broccoli, carrots, zucchini and mushroom) on rice. Milk.</p> <p>Snack: Kiwi Fruit. or papaya Whole wheat bagel with cream cheese.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Banana.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Spaghetini in tomato sauce with ground chicken*, sweet pepper, spinach, zucchini, mushroom and spinach. Milk.</p> <p>Snack: Apple. Strawberry jam on whole wheat bread.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Red grapes.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Couscous with ground chicken*, brown mushroom, zucchini, broccoli and sweet pepper. Milk.</p> <p>Snack: Sweet peppers, carrots and cucumbers with dip. Grilled cheese sandwich with whole wheat bread.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Kiwi Fruit.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Spinach pizza and/or chicken spinach pizza with peas, carrots and corns on the side. Milk</p> <p>Snack: Pineapple. Pretzel twists or sticks.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p>

NOTE: Water is offered throughout the day and is accessible for all preschool children. Please notify your child's teacher or the director as soon as possible if changes are needed to accommodate your child's needs.

Menu: Rotation 3



MON	TUES	WED	THURS	FRI
<p>Breakfast: Cereal with milk. Apple.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Macaroni & cheese with peas, carrot and chicken* hotdog. Milk.</p> <p>Snack: Yogurt parfait: Berries with vanilla yogurt with bran buds on top.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: veggie hotdog.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Pear.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Butter chicken* on rice with broiled broccoli on the side. Milk</p> <p>Snack: Banana. Cinnamon raisin bread.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Banana.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Tomato vegetable soup (potato, peas, carrots, and pasta) ground chicken*. Mini croissants. Milk</p> <p>Snack: Yellow/Canary melon. Vegetable crackers.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: lentil.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Red grapes.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Quinoa with ground chicken*, cherry tomato, mushroom, broccoli, zucchini and red pepper. Milk.</p> <p>Snack: Asian apple. Hummus with whole wheat pita bread.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Asian Apple.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Baked fish fillets* with and peas, carrots and corns on the side. Milk.</p> <p>Snack: Orange. Rice crackers.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: veggie 'fish' fillets.</small></p>

NOTE: Water is offered throughout the day and is accessible for all preschool children. Please notify your child's teacher or the director as soon as possible if changes are needed to accommodate your child's needs.

Menu: Rotation 4



MON	TUES	WED	THURS	FRI
<p>Breakfast: Cereal with milk. Apple.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Noodles in vegetable soup with peas, carrots and chicken* hotdog. Milk.</p> <p>Snack: Yogurt parfait: Peach with vanilla yogurt with bran buds on top.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: veggie hotdog.</small></p>	<p>Breakfast: Blueberry waffle. Milk. Pear.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Pan seared sea bass fillets* in teriyaki sauce on rice. broiled broccoli on the side. Milk.</p> <p>Snack: Apple. Granola bar.</p> <p>After 5pm Snack: Arrowroot or soda cracker.</p> <p><small>**Vegetarian substitute: seasoned tofu, paneer or veggie meat stir fry with mix veggies (broccoli, zucchini, mushroom and sweet pepper) in teriyaki sauce.</small></p>	<p>Breakfast: Cereal with milk. Banana.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Vegetable lasagna (egg plants, zucchini, mushroom, sweet peppers, ricotta and mozzarella cheese). Milk.</p> <p>Snack: Cantaloupe. Toasted 12 grain bread with butter.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p>	<p>Breakfast: Blueberry waffle. Milk. Grapes.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Couscous with ground chicken*, cherry tomato, mushroom, broccoli, zucchini and red pepper. Milk.</p> <p>Snack: Tangerine. Graham crackers.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: seasoned tofu, paneer. or veggie meat.</small></p>	<p>Breakfast: Cereal with milk. Cantaloupe.</p> <p>Morning Snack: Arrowroot or soda crackers. Milk.</p> <p>Lunch: Fried rice with scrambled egg*, peas, carrots and ground chicken* (also a little green onion).</p> <p>Snack: Watermelon. Popcorn.</p> <p>After 5pm Snack: Arrowroot or soda crackers.</p> <p><small>*Vegetarian substitute: veggie hotdog.</small></p>

NOTE: Water is offered throughout the day and is accessible for all preschool children. Please notify your child's teacher or the director as soon as possible if changes are needed to accommodate your child's needs.