



Appleseed Preschool Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning Snack	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) - Whole Grain Oatmeal (1/3 c per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) - Homemade Whole Wheat Mini Fruit Muffins (1 muffin/child = 24 g) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) - Multi-Grain Cheerios (1/2 c per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) -Multi-Grain Waffles (1/2 a Waffle per child) -Yogurt (1/2 c per child) 	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) -Whole Wheat Bagels (1/4 of a bagel per child) - Cream Cheese (1 tbsp. per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) - Homemade Whole Wheat Mini Fruit Muffins (1 muffin/child = 24 g) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) - Whole Wheat English Muffins (1/2 muffin per child) -Wow Butter (1 Tbsp. per child) - Milk (1/2 c per child)
Lunch	<ul style="list-style-type: none"> - Turkey Burgers (1/2 patty & 1/2 Whole Wheat Bun per child) - Homemade Yam Wedges (1/4 c per child) - Canned Fruit drained and rinsed. (1/2 c per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Apricot Chicken (1/4 c of meat per child) - Quinoa (1/4 c per child) -Frozen Peas (1/4 c per child) - Canned Fruit (1/2 c per child) - Whole Wheat Bread & Margarine (1/2 slice per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Turkey and Lentil Chili (1/2 c per child) - Cucumbers (1/4 c per child) - Canned Fruit (1/2 c per child) - Whole Wheat Bread & Margarine (1/2 slice per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Sweet & Sour Meatballs (1/4 c of meat per child) - Brown Rice (1/4 c per child) - Frozen Corn (1/4 c per child) - Canned Fruit (1/2 c per child) - Whole Wheat Bread & Margarine (1/2 slice per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Homemade Chicken Fingers (1/4 c of meat per child) - Quinoa (1/4 c per child) -Frozen Broccoli (1/4 c per child) - Canned Fruit (1/2 c per child) - Whole Wheat Bread & Margarine (1/2 slice per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Spaghetti and Beef (1/4 c of lean ground beef and 1/4 c of whole wheat elbow noodles per child in tomato sauce) -Frozen Vegetables (1/4 c per child) - Canned Fruit (1/2 c per child) - Whole Wheat Bread & Margarine (1/2 slice per child) - Milk (1/2 c per child) 	<ul style="list-style-type: none"> - Homemade Chicken and Brown Rice Soup (1/4 c of chicken with 1/4 c of brown rice in chicken broth per child) - Carrot Sticks (1/4 c per child) - Canned Fruit (1/2 c per child) - Whole Wheat Bread & Margarine (1/2 slice per child) - Milk (1/2 c per child)
Afternoon Snack	<ul style="list-style-type: none"> - Fresh Seasonal Fruit (1/2 c per child) -Whole Wheat Crackers (approx. 4 to 6 crackers - 18 g) 	<ul style="list-style-type: none"> - Apple Slices (1/2 c per child) -Whole Wheat Crackers (approx. 4 to 6 crackers - 18 g) - Cheese Cubes (25 g = 1/4 c per child) 	<ul style="list-style-type: none"> - Fresh Cantaloupe (1/2 c per child) - Whole Wheat Whole Grain Homemade Oatmeal Cookies (1 per child) 	<ul style="list-style-type: none"> - Carrot Sticks (1/4 c per child) -Whole Wheat Crackers (approx. 4 to 6 crackers - 18 g)/crackers per child) 	<ul style="list-style-type: none"> - Applesauce (1/2 c per child) -Whole Wheat Crackers (approx. 4 to 6 crackers - 18 g)/crackers per child) 	<ul style="list-style-type: none"> - Green & Orange Peppers (1/2 c per child) - Whole Wheat Flat Bread with Cream Cheese (1/2 piece per child) 	<ul style="list-style-type: none"> - Cucumbers (1/4 c per child) -Whole Wheat Crackers (approx. 4 to 6 crackers - 18 g)

*Seconds are available to all children at each meal and snack.

**Water is served at every meal.

Revised: October 2017