



Project Excel Breakfast & Lunch Menu (3-5 years old)

Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast: Cheerios, Fruit, Milk		Kix, Peach Cup, Milk		Bagel, Orange Juice, Milk		Cheerios, Pear Cup, Milk		Muffin, Applesauce Cup, Milk	
Snack: Pretzels & Apple Juice		Apple Slice, String Cheese		SunChips & Apple Sauce		Cheese & Crackers		Yogurt & Grahams	
Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch:									
1/29/2018		1/30/2018		1/31/2018		2/1/2018		2/2/2018	
Hot Dog On A WG Bun Year		BBQ Chicken Bowl Mashed Potatoes Fresh Banana, 1% Milk		MAC & CHEESE BAR Steamed Carrots Fresh Orange Wedge, 1% Milk		Chicken Nuggets Broccoli Fresh Banana, 1% Milk		Pizza Garlic Green Beans Raisins, 1% Milk	
2/5/2018		2/6/2018		2/7/2018		2/8/2018		2/9/2018	
Plain or Cheese Burger Celery Fresh Apple, 1% Milk		Stuffed Bosco Breadsticks w. Meat sauce Fresh Banana, 1% Milk		Hot Ham & Cheese Mashed Potato Fresh Orange Wedge, 1% Milk		Soft Taco & Rice Salad Fresh Banana, 1% Milk		Pizza Cukes Raisins, 1% Milk	
2/12/2018		2/13/2018		2/14/2018		2/15/2018		2/16/2018	
Chicken Patty on WG Bun Tots Fresh Apple, 1% Milk		American Chop Suey Salad Fresh Banana, 1% Milk		Bacon, Egg, & Cheese Honey Carrots Fresh Orange Wedge, 1% Milk		Korean Beef Rice and Salad Fresh Banana, 1% Milk			
Fruit and Veggies Are 1/4 cup Servings Each									
2/19/2018		2/20/2018		2/21/2018		2/22/2018		2/23/2018	
Presidents Day		Chicken Nuggets Cukes Fresh Banana, 1% Milk		Turkey Sandwich Salad Fresh Orange Wedge, 1% Milk		Cheese Burger Baked Beans Fresh Banana, 1% Milk		Pizza Salad Raisins, 1% Milk	
2/26/2018		2/27/2018		2/28/2018		3/1/2018		3/2/2018	
Bologna Sandwich Tater Tots Fresh Apple, 1% Milk		Chicken Patty Carrots Fresh Banana, 1% Milk		Mac and Cheese Peas Fresh Orange Wedge, 1% Milk		Hot Ham & Cheese Tomato/Cucumber Salad Fresh Banana, 1% Milk		Pizza Tossed Salad Raisins, 1% Milk	
3/5/2018		3/6/2018		3/7/2018		3/8/2018		3/9/2018	
Fresh Apple, 1% Milk		Fresh Banana, 1% Milk		Fresh Orange Wedge, 1% Milk		Fresh Banana, 1% Milk		Raisins, 1% Milk	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

All grain products are whole grain or whole wheat.