



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	
4/2/2018		4/3/2018		4/4/2018		4/5/2018		4/6/2018	
Chicken Nuggets Veggie Rice Year		Hot Ham & Cheese Glazed Carrots Fresh Banana, 1% Milk		Cheeseburger on Steamed Carrots Fresh Orange Wedge, 1% Milk		Chicken Nuggets Broccoli Fresh Banana, 1% Milk		Pizza Garlic Green Beans Raisins, 1% Milk	
4/9/2018		4/10/2018		4/11/2018		4/12/2018		4/13/2018	
Chicken Nuggets Baked Beans Fresh Apple, 1% Milk		BBQ Chicken Bread&Butter Corn Fresh Banana, 1% Milk		Mac and Cheese Broccoli Fresh Orange Wedge, 1% Milk		Turkey & Cheese Sand Mixed Veggie Fresh Banana, 1% Milk		Pizza Salad Raisins, 1% Milk	
4/16/2018		4/17/2018		4/18/2018		4/19/2018		4/20/2018	
Cheese burger Tots Fresh Apple, 1% Milk		Pasta w. MeatSauce Mixed Veg Fresh Banana, 1% Milk		Hot Turkey & Cheese Sadrn Cukes Fresh Orange Wedge, 1% Milk		Chicken Nuggets Corn Fresh Banana, 1% Milk		Pizza Salad Raisins, 1% Milk	
Fruit and Veggies Are 1/4 cup Servings Each									
4/23/2018		4/24/2018		4/25/2018		4/26/2018		4/27/2018	
Chicken Patty on wg bun Tots Fresh Apple, 1% Milk		Baked Macaroni w. meatsauce Carrots Fresh Banana, 1% Milk		Breakfast Sandwich Hash Brown Fresh Orange Wedge, 1% Milk		Korean beef & Rice Broccoli Fresh Banana, 1% Milk		Pizza Mixed Veggies Raisins, 1% Milk	