



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Cheerios, Fruit, Milk	Kix, Peach Cup, Milk	Bagel, Orange Juice, Milk	Cheerios, Pear Cup, Milk	Muffin, Applesauce Cup, Milk
<b>Snack:</b> Pretzels & Apple Juice	Apple Slice, String Cheese	SunChips & Apple Sauce	Cheese & Crackers	Yogurt & Grahams

Lunch: Monday	Tuesday	Wednesday	Thursday	Friday
6/4/2018	6/5/2018	6/6/2018	6/7/2018	6/8/2018
Bologna & Cheese WG Sandwich Half 1/2 c. Cucumber Slices Fresh Apple, 1% Half Pint Milk	Ham & Cheese Rollup & Corn Bread 1/2 c. Tossed Salad Fresh Banana, 1% Half Pint Milk	Egg Salad Cup w. WG Tortilla 1/2 c Carrot Coins & Celery Raisins, 1% Half Pint Milk	Chicken & Cheese Pasta Salad 1/2 c Fresh Broccoli Fresh Banana, 1% Half Pint Milk	Turkey & Cheese Rollup, WG Biscuit 1/2 c. Tossed Salad Fresh Orange Wedge, 1% Half Pint Milk

6/11/2018	6/12/2018	6/13/2018	6/14/2018	6/15/2018
Turkey & Cheese WG Sandwich Half 1/2 c. Tossed Salad Fresh Apple, 1% Half Pint Milk	WG Chicken Bacon Ranch Wrap Half 1/2 c Carrot Coins & Celery Fresh Banana, 1% Half Pint Milk	Stacked Chef Salad with Diced Turkey, Egg, Cheese, Beans Raisins, 1% Half Pint Milk	Ham & Cheese WG Sandwich Half 1/2 c Pepper & Cucumber Slices Fresh Banana, 1% Half Pint Milk	Tuna Salad Cup w. WG Pita 1/2 c. Tossed Salad Fresh Orange Wedge, 1% Half Pint Milk

6/18/2018	6/19/2018	6/20/2018	6/21/2018	6/22/2018
Bologna & Cheese WG Sandwich Half 1/2 c. Cucumber Slices Fresh Apple, 1% Half Pint Milk	Ham & Cheese Rollup & Corn Bread 1/2 c. Tossed Salad Fresh Banana, 1% Half Pint Milk	Egg Salad Cup w. WG Tortilla 1/2 c Carrot Coins & Celery Raisins, 1% Half Pint Milk	Chicken & Cheese Pasta Salad 1/2 c Fresh Broccoli Fresh Banana, 1% Half Pint Milk	Turkey & Cheese Rollup, WG Biscuit 1/2 c. Tossed Salad Fresh Orange Wedge, 1% Half Pint Milk

Monday	Tuesday	Wednesday	Thursday	Friday
7/2/2018	7/3/2018	7/4/2018	7/5/2018	7/6/2018
Turkey & Cheese WG Sandwich Half 1/2 c. Tossed Salad Fresh Apple, 1% Half Pint Milk	WG Chicken Bacon Ranch Wrap Half 1/2 c Carrot Coins & Celery Fresh Banana, 1% Half Pint Milk	Happy 4th of July	Ham & Cheese WG Sandwich Half 1/2 c Pepper & Cucumber Slices Fresh Banana, 1% Half Pint Milk	Tuna Salad Cup w. WG Pita 1/2 c. Tossed Salad Fresh Orange Wedge, 1% Half Pint Milk

7/10/2018	7/11/2018	7/12/2018	7/13/2018	7/14/2018
Bologna & Cheese WG Sandwich Half 1/2 c. Cucumber Slices Fresh Apple, 1% Half Pint Milk	Ham & Cheese Rollup & Corn Bread 1/2 c. Tossed Salad Fresh Banana, 1% Half Pint Milk	Egg Salad Cup w. WG Tortilla 1/2 c Carrot Coins & Celery Raisins, 1% Half Pint Milk	Chicken & Cheese Pasta Salad 1/2 c Fresh Broccoli Fresh Banana, 1% Half Pint Milk	Turkey & Cheese Rollup, WG Biscuit 1/2 c. Tossed Salad Fresh Orange Wedge, 1% Half Pint Milk

7/17/2018	7/18/2018	7/19/2018	7/20/2018	7/21/2018
Turkey & Cheese WG Sandwich Half 1/2 c. Tossed Salad Fresh Apple, 1% Half Pint Milk	WG Chicken Bacon Ranch Wrap Half 1/2 c Carrot Coins & Celery Fresh Banana, 1% Half Pint Milk	Stacked Chef Salad with Diced Turkey, Egg, Cheese, Beans Raisins, 1% Half Pint Milk	Ham & Cheese WG Sandwich Half 1/2 c Pepper & Cucumber Slices Fresh Banana, 1% Half Pint Milk	Tuna Salad Cup w. WG Pita 1/2 c. Tossed Salad Fresh Orange Wedge, 1% Half Pint Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

All grains are Whole Grain!

shhhhhhh...don't tell the kids!