



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	
1/1/2018		1/2/2018		1/3/2018		1/4/2018		1/5/2018	
Happy New Year		Chicken Nuggets Mixed Vegetables Fresh Banana, 1% Milk		Mac and Cheese w. Ham Steamed Carrots Fresh Orange Wedge, 1% Milk		Chicken Nuggets Broccoli Fresh Banana, 1% Milk		Pizza Garlic Green Beans Raisins, 1% Milk	
1/8/2018		1/9/2018		1/10/2018		1/11/2018		1/12/2018	
Chicken Patty Celery Fresh Apple, 1% Milk		Baked Fish Sticks Lemon Rice Fresh Banana, 1% Milk		Chicken on a Biscuit Mashed Potato Fresh Orange Wedge, 1% Milk		Soft Shell Tacos Rice Fresh Banana, 1% Milk		Pizza Cukes Raisins, 1% Milk	
1/15/2018		1/16/2018		1/17/2018		1/18/2018		1/19/2018	
Hamburger/Cheeseburger Tots Fresh Apple, 1% Milk		American Chop Suey Salad Fresh Banana, 1% Milk		Bacon, Egg, & Cheese Honey Carrots Fresh Orange Wedge, 1% Milk		Sweet n Sour Chicken Rice and Salad Fresh Banana, 1% Milk		Calzones & Stromboli 3 Bean Salad Raisins, 1% Milk	
Fruit and Veggies Are 1/4 cup Servings Each									
1/22/2018		1/23/2018		1/24/2018		1/25/2018		1/26/2018	
Chicken Nuggets & Pasta Salad w. Veggies Fresh Apple, 1% Milk		Black Bean Empanadas Tomato and Cuke Salad Fresh Banana, 1% Milk		Chili w. Cheese Potato Quarter Fresh Orange Wedge, 1% Milk		Meatloaf Patty Mashed Potatoes Fresh Banana, 1% Milk		Assorted Pizza Tossed Salad Raisins, 1% Milk	
1/29/2018		1/30/2018		1/31/2018		2/1/2018		2/2/2018	
Bologna Sandwich Sliced Cukes Fresh Apple, 1% Milk		BBQ Chicken Bowl Mashed Potatoes Fresh Banana, 1% Milk		Mac and Cheese Peas Fresh Orange Wedge, 1% Milk		Hamburger/Cheeseburger Tater Tots Fresh Banana, 1% Milk		Pizza Tossed Salad Raisins, 1% Milk	
2/5/2018		2/6/2018		2/7/2018		2/8/2018		2/9/2018	
Plain or Cheese Burger Cucumber Dill Salad Fresh Apple, 1% Milk		Stuffed Bosco Breadsticks Garlic Green Beans Fresh Banana, 1% Milk		Hot Ham & Cheese Peas and Carrots Fresh Orange Wedge, 1% Milk		Hard Shell Tacos Rice Fresh Banana, 1% Milk		Assorted Pizza Mixed Veggies Raisins, 1% Milk	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

All grain products are whole grain or whole wheat.