

# Planet Preschool

Breakfast 9 am, Lunch 11:30 am, Snack 3 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast :</b> Toast, Jelly, and Milk</p> <p><b>Lunch:</b> Ham Sandwich, Potato Wedges, Fruit or Vegetable</p> <p><b>Pm Snack:</b> Fruit and Milk</p>	<p><b>Breakfast:</b> Mixed Grain Cereal and Milk</p> <p><b>Lunch:</b> Beef, beans, and Rice</p> <p><b>Pm Snack:</b> Fruit and Milk</p>	<p><b>Breakfast:</b> Pancakes and Milk</p> <p><b>Lunch:</b> Grilled Cheese, Potato, fruit or vegetable</p> <p><b>Pm Snack:</b> Crackers and Milk</p>	<p><b>Breakfast:</b> Mixed Grain Cereal and Milk</p> <p><b>Lunch:</b> Cheese Quesadilla, Rice, Fruit or Vegetable</p> <p><b>Pm Snack:</b> Fruit and Milk</p>	<p><b>Breakfast:</b> Toast, Jelly, and Milk</p> <p><b>Lunch:</b> Parmesan and Butter Pasta, Roll, Fruit or Vegetable</p> <p><b>PM Snack</b> Crackers and Fruit</p>
<p><b>Breakfast:</b> Toast, Jelly, and Milk</p> <p><b>Lunch:</b> Egg Sandwich, Potato Wedges, Fruit or Vegetable</p> <p><b>Pm Snack</b> Fruit and Milk</p>	<p><b>Breakfast:</b> Mixed Grain Cereal and Milk</p> <p><b>Lunch:</b> Beef, beans, and Rice</p> <p><b>Pm Snack:</b> Fruit and Milk</p>	<p><b>Breakfast:</b> Pancakes and Milk</p> <p><b>Lunch:</b> Hot dog, Potato, Fruit or Vegetable</p> <p><b>Pm Snack:</b> Crackers and Milk</p>	<p><b>Breakfast:</b> Mixed Grain Cereal and Milk</p> <p><b>Lunch:</b> Cheese Quesadilla, Rice, Fruit or Vegetable</p> <p><b>Pm Snack:</b> Fruit and Milk</p>	<p><b>Breakfast:</b> Toast, Jelly, and Milk</p> <p><b>Lunch:</b> Pasta with Beef Marinara Sauce, Roll, Fruit or Vegetable</p> <p><b>Pm Snack:</b> Crackers and Fruit</p>
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- Menu subject to change without notification - Accommodations can be made for children with allergies - PM Snack: Two food groups offered during snack  
 - Holidays that fall on a Monday will follow Monday's lunch schedule on Tuesday - Months that have 5 weeks will repeat week 4 of our menu for the 5<sup>th</sup> week

4/21/23

- Serving Size:

1-2 yrs  
 Milk ½ cup  
 Veg./fruit ¼ cup  
 Bread ½ slice  
 Dry cereal ¼ cup  
 Cooked pasta ¼ cup  
 Cheese 1 oz  
 Poultry 1 oz  
 Yogurt ¼ cup

3-5 yrs  
 ¾ cup  
 ½ cup  
 ½ slice  
 1/3 cup  
 ¼ cup  
 1-1/2 oz  
 1-1/2 oz  
 ½ cu