

Planet Preschool

Breakfast 9 am

Lunch 11:45 am

Snack 3 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast : Toast and Jelly, Milk Lunch: Ham Sandwich, Potato's, Fruit and water Pm Snack: Graham Crackers, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Low Fat Cheese Pizza, Pasta, Salad and water Pm Snack: Fruit, Goldfish and water	Breakfast: Pancakes and Milk Lunch: Teriyaki Chicken, Rice, vegetable and water Pm Snack: Ritz crackers, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Grilled Cheese, Potato wedges, fruit and water Pm Snack: Fruit, Vegetable Chips and water	Breakfast: Toast & Jelly and Milk Lunch: Mac and Cheese, and water PM Snack Alphabet Crackers, milk or water
Breakfast: Toast and Jelly, Milk Lunch: Ham Sandwich, Home Potato's, Fruit and water Pm Snack Graham Crackers, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Turkey Dog, Fruit, Vegetable, water Pm Snack: Fruit, Goldfish and water	Breakfast: Pancakes and Milk Lunch: Cheese Quesadilla, Rice, Salad and Water Pm Snack: Ritz Crackers, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Egg Sandwich, potato wedges, fruit and water Pm Snack: Fruit, Vegetable Chips and water	Breakfast: Toast & Jelly and Milk Lunch: Mac and Cheese, salad, fruit and water Pm Snack: Alphabet Crackers, milk or water
Breakfast : Toast and Jelly, Milk Lunch: Ham Sandwich, Home Potato's, Fruit and water Pm Snack: Graham Crackers and water	Breakfast: Mixed Grain Cereal and milk Lunch: Low Fat Cheese Pizza, Pasta, Salad, water Pm Snack: Fruit, Goldfish and water	Breakfast: Pancakes and Milk Lunch: Teriyaki Chicken, Rice, Veg. and water Pm Snack: Ritz Crackers, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Grilled Cheese, water Pm Snack: Fruit, Vegetable Chips and water	Breakfast: Toast & Jelly and Milk Lunch: Pasta with marinara sauce, salad and water PM Snack Alphabet Crackers, milk or water
Breakfast: Toast and Jelly, Milk Lunch: Ham Sandwich, Home Potato's, Fruit and water Pm Snack: Graham Cracker, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Turkey Dog, Fruit, Vegetable, water Pm Snack: Fruit, Goldfish and water	Breakfast: Pancake and Milk Lunch: Cheese, quesadilla, Rice, salad and water Pm Snack: Ritz Crackers, milk or water	Breakfast: Mixed Grain Cereal and Milk Lunch: Egg Sandwich, potato's, salad and or fruit & water Pm Snack: Fruit, Vegetable Chips and water	Breakfast: Toast & Jelly and Milk Lunch: Past with Marinara sauce, salad, fruit and water PM Snack: Alphabet Crackers, milk or water

*** Menu subject to change without notification

** Accommodations can be made for children with allergies

*** Cracker days may vary between the different types of crackers

** Months that have 5 weeks will repeat week 4 of our menu for the 5th week

*** Holidays that fall on a Monday will follow Monday's lunch schedule on Tuesday

Serving Sizes

1-2 yrs

Milk $\frac{1}{2}$ cup
Veg./fruit $\frac{1}{4}$ cup
Bread $\frac{1}{2}$ slice
Dry cereal $\frac{1}{4}$ cup
Cooked pasta $\frac{1}{4}$ cup
Cheese 1 oz
Poultry 1 oz
Yogurt $\frac{1}{4}$ cup

3-5 yrs

$\frac{3}{4}$ cup
 $\frac{1}{2}$ cup
 $\frac{1}{2}$ slice
 $\frac{1}{3}$ cup
 $\frac{1}{4}$ cup
1- $\frac{1}{2}$ oz
1- $\frac{1}{2}$ oz
 $\frac{1}{2}$ cup