

FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	11/4/24	11/5/24	11/6/24	11/7/24	11/8/24
BREAKFAST MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/ Whole Milk General Mills Cheerios (HM) Fresh Sliced Apples	Low-Fat/ Whole Milk Waffles (CN) Applesauce	Low-Fat/ Whole Milk Yogurt w/ Granola (CN) Fresh Bananas	Low-Fat/ Whole Milk Strawberry w/Cream Cheese Mini Bagel (CN) Frozen Mixed Berries	Low-Fat/ Whole Milk General Mills Cinnamon Toast Crunch (CN) Fresh Bananas
LUNCH MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/ Whole Milk Chicken Hawaiian Wrap (HM) Mixed Vegetables Peaches	Low-Fat/ Whole Milk BBQ Chicken Burger on a Bun (HM) Mashed Potatoes Pineapple	Low-Fat/ Whole Milk Sunflower Butter & Jelly Sandwiches (HM) Cheese Sticks Green Peas Diced Peaches	Low-Fat/ Whole Milk Mac & Cheese (HM) Green Beans Diced Peas	Low-Fat/ Whole Milk Turkey and Cheese on a Bun (HM) Baby Carrots w/ Ranch Fruit Salad
PM SNACK CHOOSE 2 OF 4 MILKFRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Water Strawberry and Yogurt Chex (CN) Fresh Oranges	Water Savoritz Wheat Round Crackers (CN) Fresh Bananas	Water Cheddar Chex Mix (CN) Fresh Watermelon/Melon	Water Betty Crocker Scooby Doo Fruit Snacks (CN) Fresh Grapes	Water Dick & Jane Educational Snacks English & Spanish Whole Grain Crackers (CN) Fresh Strawberries

WATER AVAILABLE ALL DAY!!!

(Revised 2/05/24)

UNFLAVORED WHOLE MILK OFFERED TO 1 YEAR OLD, UNFLAVORED LOW FAT OR FAT-FREE MILK OFFERED TO 2 AND OLDER DAILY

FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	11/11/24	11/12/24	11/13/24	11/14/24	11/15/24
BREAKFAST MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk General Mills Lucky Charms Gluten Free (CN) Fresh Sliced Apples	Non-Fat/Whole Milk French Toast (CN) Applesauce	Non-Fat/ Whole Milk Yogurt w/ Granola (CN) Fresh Bananas	Low-Fat/Whole Milk Cereal Bar (CN) Frozen Strawberries	Low-Fat/Whole Milk General Mills Golden Graham Cereal (CN) Fresh Oranges
LUNCH MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/Whole Milk Chicken Noodle Soup (HM) Corn Diced Peaches	Low-Fat/Whole Milk Pizza Dento Box Black Pepper Crackers, Pepperoni, Mozzarella Cheese, Tomato Sauce (HM) Green Beans Mandarin Oranges	Non-Fat/ Whole Milk Cheese Toast Sandwich and Tomato Soup (HM) Mixed Vegetables Mix Fruits	Low-Fat/Whole Milk Chicken Nuggets (CN) Potato wedges (CN) Diced Pears	Low-Fat/Whole Milk Deli Bento Box (HM) Turkey, Cucumbers, Grape Tomatoes, Rosemary Crackers Fresh Baby Carrots w/ Ranch Fruit Salad
PM SNACK CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Water Strawberry and Yogurt Chex (CN) Fresh Oranges	Water Savoritz Round Crackers (CN) Fresh Bananas	Water Cheddar Chex Mix (CN) Fresh Watermelon/Melon	Water Betty Crocker Scooby Doo Snacks (CN) Fresh Grapes	Water Dick & Jane Educational Snacks English & Spanish Whole Grain Crackers (CN) Fresh Sliced Bananas

WATER AVAILABLE ALL DAY!!!

(Revised 2/5/24)

UNFLAVORED WHOLE MILK OFFERED TO 1 YEAR OLD, UNFLAVORED LOW FAT OR FAT-FREE MILK OFFERED TO 2 AND OLDER

FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	11/18/24	11/19/24	11/20/24	11/21/24	11/22/24
BREAKFAST MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/Whole Milk General Mills Cheerios (CN) Fresh Sliced Apples	Low-Fat/Whole Milk Eggo Waffles (CN) Applesauce	Low-Fat/Whole Milk Low Fat Yogurt W/ Granola (CN) Bananas	Low-Fat/Whole Milk Bagels (CN) W/ Cream Cheese (CN) Frozen Strawberries	Low-Fat/Whole Milk General Mills Cinnamon Toast Crunch Cereal (CN) Fresh Oranges
LUNCH MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/Whole Milk Ground Turkey Spaghetti (HM) Green Beans Diced Peaches	Low-Fat/Whole Milk Pizza Bagel (HM) Carrots w/ Ranch Diced Pineapple	Low-Fat/Whole Milk Toasted Cheese Sandwich (HM) Peas Mixed Fruit	Low-Fat/Whole Milk Chicken Pasta Salad W/ Zucchini, Tomatoes, and Cucumbers (HM) Broccoli Mandarin Oranges	Low-Fat/Whole Milk Turkey Sub Sliced Cheese (HM) Avocado Sauce Mixed Vegetables Fruit Salad
PM SNACK CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Water Strawberry and Yogurt Chex (CN) Fresh Oranges	Water Savoritz Wheat Round Crackers (CN) Fresh Bananas	Water Cheddar Chex Mix (CN) Fresh Watermelon/Melon	Water Betty Crocker Scooby Doo Fruit Snacks (CN) Fresh Grapes	Water Dick & Jane Educational Snacks English & Spanish Whole Grain Crackers (CN) Fresh Bananas

WATER AVAILABLE ALL DAY!!!

(Revised 2/5/24)

UNFLAVORED WHOLE MILK OFFERED TO 1 YEAR OLD, UNFLAVORED LOW FAT OR FAT-FREE MILK OFFERED TO 2 AND OLDER