

# FORT MILL PREPARATORY COOPERATIVE PRESCHOOL

## MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DATE</b>	5/10/21	5/11/21	5/12/21	5/13/21	5/14/21
<b>BREAKFAST</b> MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/ Whole Milk  Multigrain Cereal (CN) Fresh Sliced Apples	Low-Fat/ Whole Milk  Yogurt w/ Granola(CN) Mixed Berries	Low-Fat/ Whole Milk  Cheese Toast(HM) AppleSauce	Low-Fat/ Whole Milk  Bagels (CN) w/Cream Cheese (CN) Fresh Oranges	Low-Fat/ Whole Milk  Cheese Grits (HM) Diced Pears (CN)
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/ Whole Milk  Macaroni & Cheese(HM) Green beans Mix fruit	Low-Fat/ Whole Milk  Pepperoni (CN) Cube Cheese(CN) Wheat Crackers(CN) Baby Carrots Diced pears	Low-Fat/ Whole Milk  Chicken Roll-Up (HM) Wheat Tortilla Corn Pineapples	Low-Fat/ Whole Milk  Bagel Pizza (HM) Mix Vegetable Mandarin Oranges	Low-Fat/ Whole Milk  Broccoli & Cheese Soup(HM) Peas Applesauce
<b>PM SNACK</b> CHOOSE 2 OF 4 MILKFRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Cheez-it (CN) Fresh Banana Water	Pretzels(CN) Fresh Sliced Watermelon Water	Wheat Crackers(CN) Fresh Sliced Pears Water	Animal Crackers(CN) Applesauce Water	Goldfish Crackers (CN) Fresh Oranges Water

**WATER AVAILABLE ALL DAY!!!**

(Revised 5/7/21)

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
<b>DATE</b>	05/17/21	05/18/21	05/19/21	05/20/21	05/21/21
<b>BREAKFAST</b> MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk  Multigrain Cereal Fresh Sliced Apples	Non-Fat/ Whole Milk  Cheese Toast(CN) Applesauce	Non-Fat/ Whole Milk  Grits(CN) Frozen Mixed Berries	Non-Fat/Whole Milk  Bagels (CN) w/ Cream Cheese(CN) Frozen Strawberries	Non-Fat/Whole Milk  Yogurt w/ Granola(CN) Mixed Berries
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Non-Fat/ Whole Milk  Turkey Cheese(CN) Wheat bread(CN) Broccoli Mix Fruit	Non-Fat/Whole Milk  Turkey Nachos (HM) W/ Corn Chips(CN) Corn Mandarin Oranges	Non-Fat/ Whole Milk  Chicken Roll-up Green Beans Pineapple	Non-Fat/ Whole Milk  Spaghetti W/ Turkey Meat(HM) Mix Vegetable Diced Peaches	Non-Fat/ Whole Milk  Pepperoni(CN) Cube Cheese(CN) Wheat Crackers(CN) Carrot W/Ranch Diced Pears
<b>PM SNACK</b> CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Water  Cheez-it(CN) Fresh Watermelon	Water  Pretzels(CN) Fresh bananas	Water  Animal Crackers(CN) Applesauce	Water  Wheat crackers(CN) Fresh Oranges	Water  Goldfish Crackers(CN) Fresh Grapes

**WATER AVAILABLE ALL DAY!!!**

(Revised 05/13/21)

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	5/3/21	5/4/21	5/5/21	5/6/21	5/7/21
<b>BREAKFAST</b> MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/Whole Milk  Multigrain Cereal(CN) Fresh Apple Slices	Low-Fat/Whole Milk  Low Fat Yogurt (CN) w/Granola(CN) Mixed Berries	Low-Fat/Whole Milk  Bagels(CN) W/ Cream Cheese(CN) Mixed Fruit	Low-Fat/Whole Milk  Cheese Grits (CN) Fresh Oranges	Low-Fat/Whole Milk  Whole Wheat Cheese Toast (CN). Applesauce
<b>LUNCH</b> MILK MEAT OR MEAT ALTERNATIVE 1 FRUIT(S) OR 1 VEGETABLE(S) BREAD OR BREAD ALTERNATIVE(S) ADDITIONAL FOOD (OPTIONAL)	Low-Fat/Whole Milk  Whole Wheat Pizza Bagels(HM) Green Peas Mix Fruit	Low-Fat/Whole Milk  Meatloaf(HM) Broccoli Cantaloupe	Low-Fat/Whole Milk  Whole Wheat Tortilla Chicken Roll-Ups(HM) Mixed Veggies Pineapple	Low-Fat/Whole Milk  Pepperoni W/ Cheese Cubes(CN) Wheat Crackers(CN) Fresh Baby Carrots w/ Ranch Peaches	Low-Fat/Whole Milk  Ground Turkey Spaghetti (HM) Corn Pears
<b>PM SNACK</b> CHOOSE 2 OF 4 MILK FRUIT, VEGETABLE, OR FULL STRENGTH JUICE BREAD OR BREAD ALTERNATIVE MEAT OR MEAT ALTERNATIVE	Water  Animal Crackers(CN) Fresh Banana	Water  Cheez-it(CN) Fresh Grapes	Water  Goldfish Crackers(CN) Fresh Oranges	Water  String Cheese(CN) Whole Wheat Crackers(CN) Fresh Apple Slices	Water  Pretzel Sticks(CN) Watermelon

**WATER AVAILABLE ALL DAY!!!**

(Revised 04/29/21)

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