



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	
10/9/2017		10/10/2017		10/11/2017		10/12/2017		10/13/2017	
Columbus Day!		Plain or Cheese Burger Sweet Potato Tots Fresh Apple, 1% Milk		Mac and Cheese Tossed Romaine Salad Fresh Banana, 1% Milk		Chicken Nuggets Broccoli Fresh Banana, 1% Milk		Pizza Garlic Green Beans Raisins, 1% Milk	
10/16/2017		10/17/2017		10/18/2017		10/19/2017		10/20/2017	
Chicken Patty on a Bun Celery Sticks Fresh Apple, 1% Milk		Bosco Stick and Sauce Fresh Broccoli Fresh Banana, 1% Milk		Soft Beef Taco Salad Fresh Orange Wedge, 1% Milk		Turkey, Mashed & Gravy with Corn Bread Fresh Banana, 1% Milk		Pizza Cukes Raisins, 1% Milk	
10/23/2017		10/24/2017		10/25/2017		10/26/2017		10/27/2017	
Chicken Nuggets Steamed Broccoli Fresh Apple, 1% Milk		Chili & Baked Potato Tostitos Fresh Banana, 1% Milk		WG Toasted Cheese Sand Tomato & Cucumber Salad Fresh Orange Wedge, 1% Milk		WG Turkey Sandwich Mixed Veggies Fresh Banana, 1% Milk		Pizza Cold & Crisp Veggies Raisins, 1% Milk	
Fruit and Veggies Are 1/4 cup Servings Each									
10/30/2017		10/31/2017		11/1/2017		11/2/2017		11/3/2017	
Cheeseburger on WG Bun Sweet Potato Tots Fresh Apple, 1% Milk		Pasta & Meatsauce Sliced Cukes Fresh Banana, 1% Milk		Egg Salad Sandwich Baked Beans Fresh Orange Wedge, 1% Milk		Chicken Nuggets Rice Pilaf Fresh Banana, 1% Milk		Pizza Carrot Coins Raisins, 1% Milk	
11/6/2017		11/7/2017		11/8/2017		11/9/2017		11/10/2017	
Bologna & Cheese Sandwich Baked Beans Fresh Apple, 1% Milk		BBQ Chicken Bowl with Mashed Potatoes Fresh Banana, 1% Milk		Ham & Cheese Sandwich Carrot and Raisin Salad Fresh Orange Wedge, 1% Milk		Pizza Garlic Green Beans Fresh Banana, 1% Milk		All Districts Closed	
11/13/2017		11/14/2017		11/15/2017		11/16/2017		11/17/2017	
Baked Fish Sticks Rice & Peas Fresh Apple, 1% Milk		Cheese Burger Tater Tots Fresh Banana, 1% Milk		Mac and Cheese Tossed Romaine Salad Fresh Orange Wedge, 1% Milk		Spanish Rice W. Beef Tossed Salad Fresh Banana, 1% Milk		Pizza Mixed Veggies Raisins, 1% Milk	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

All grain products are whole grain or whole wheat.