

FCA Preschool Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beans & Hotdogs Mixed Vegetables Fruit Milk or Juice Snacks AM: Muffins , Fruit, Milk PM: Teddy Grahams and Apple Juice	2 Chicken Nuggets Peas& Carrots Dinner Roll Fruit Milk or Juice Snacks AM: Grits, Fruit, Milk PM: Rice Crispy Treat & Apple Slices	3 Sausage Pizza Vegetables Fruit Milk or Juice Snacks AM: Cereal Bar, Fruit, Milk PM: Peanut Butter Crackers & Carrot Sticks	4 Fish Sticks Tatar Tots Coleslaw Fruit Milk or Juice Snacks AM: Hash Browns, Fruit, Milk PM: Vanilla Wafers & Raisins
7 Chicken Chunks Glazed Carrots Seasoned Rice Fruit Snacks AM: Muffins, Fruit, Milk PM: Snack Mix and Grapes	8 Mac & Cheese Green Beans Roll Milk or Juice Snacks AM: Rice, Fruit, Milk PM: Pretzels & Mandarin Oranges	9 Hamburger Sliders Seasoned Fries Lettuce & Tomatoes Fruit Milk or Juice Snacks AM: French Toast, Fruit, Milk PM: Tortilla Chips & Salsa	10 Pepperoni Pizza Vegetables Fruit Milk or Juice Snacks AM: Danishes, Fruit, Milk PM: Gold Fish & Apple Juice	11 Hot Deli Sandwich Celery & Carrot Sticks Chips Fruit Milk or Juice Snacks AM: Pigs-N-Blanket, Fruit, Milk PM: Cheese Puffs & Cucumber Slices
14 Chicken Rings Mashed Potatoes Vegetables Fruit Milk or Juice Snacks AM: Cereal, Fruit, Milk PM: Peanut Butter Crackers & Carrot Sticks	15 Mini Hotdogs, Corn Chips, Salad Fruit Milk or Juice Snacks AM: Donut Holes, Fruit, Milk PM: Teddy Grahams and Apple Juice	16 Beef Tacos Rice , Fruit Milk or Juice Snacks AM: Grits, Fruit, Milk PM: Rice Crispy Treat & Apple Slices	17 Cheese Pizza Vegetable Fruit Milk or Juice Snacks AM: Croissants, Fruit, Milk PM: Vanilla Wafers & Raisins	18 Chili Mac Vegetable Garlic Sticks Fruit Milk or Juice Snacks AM: Pancakes, Fruit, Milk PM: Pretzels & Mandarin Oranges
21 Little Smoky Links Baked Beans, Salad Fruit Milk or Juice Snacks AM: Muffins, Fruit, Milk PM: Cheese Puffs & Cucumber Slices	22 Roasted Turkey w/gravy, Cornbread Dressing, Green Beans Roll Milk or Juice Snacks AM: Cereal , Fruit, Milk PM: Gold Fish & Apple Juice	23 Spaghetti w/ Meat Sauce, Garlic Sticks, Toss Salad, Fruit Milk or Juice Snacks AM: Sausage ,Toast, Fruit, Milk PM: Gold Fish & Apple Juice	24 School Holiday	25 School Holiday
28 BBQ Beef on Bun, Smiley Fries California, Vegetables, Blend, Fruit Milk or Juice Snacks A.M. Cereal, Fruit, Milk P.M. Granola Bar & Milk	29 Nacho w/ Chili & Cheese Caesar Salad, Fruit, Milk or Juice Snacks A.M. Waffles Sticks, Fruit, Milk PM : Tortilla Chips & Salsa	30 Chicken Tetrazinna Green Peas Roll, Fruit Milk or Juice Snacks A.M. Oatmeal, Fruit, Milk PM : Teddy Grahams and Apple Juice		