







# Maplewood Pre-K Counts Menu December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Milk is served with breakfast and lunch.</p> <p>Parents' comments or questions in reference to these menus are welcome and will be taken into consideration when menus are planned.</p> <p>Contact your child's teacher.</p>			<p><b>1 Breakfast</b> Whole Grain Cereal 100% Fruit Juice</p> <p><b>Lunch</b> Cheese /Pepperoni Pizza Mixed Vegetables Pineapple</p> <p><b>Snack</b> Goldfish and Milk</p>
<p><b>4 Breakfast</b> Whole Grain Crackers and String Cheese 100% Fruit Juice</p> <p><b>Lunch</b> Ham and Cheese Melt Golden Corn Mixed Fruit</p> <p><b>Snack</b> Fresh Veggies with Dip and Milk</p>	<p><b>5 Breakfast</b> Whole Grain Banana Muffin Fruit Choice</p> <p><b>Lunch</b> Pancakes with Sausage Tater Tots Applesauce</p> <p><b>Snack</b> Yogurt and Juice</p>	<p><b>6 Breakfast</b> Trix Yogurt and Belly Bears 100% Fruit Juice</p> <p><b>Lunch</b> Chicken Strips with Soft Pretzel Steamed Broccoli Peaches</p> <p><b>Snack</b> String Cheese and Milk</p>	<p><b>7 Breakfast</b> Whole Grain Eggo Mini French Toast Fruit Choice</p> <p><b>Lunch</b> Breaded Chicken Patty on a Bun Refried Beans Fresh Apple</p> <p><b>Snack</b> Pretzels and Juice</p>	<p><b>8 Breakfast</b> Whole Grain Cereal 100% Fruit Juice</p> <p><b>Lunch</b> Cheese/ Pepperoni Pizza Mashed Potatoes Mandarin Oranges</p> <p><b>Snack</b> Fresh Fruit and Milk</p>
<p><b>11 Breakfast</b> Whole Grain Lemon Mini Loaf 100% Fruit Juice</p> <p><b>Lunch</b> Popcorn Chicken with Bread Slice Garden Salad Pears</p> <p><b>Snack</b> Cheeze Its and Milk</p>	<p><b>12 Breakfast</b> Whole Grain Vanilla Graham Dots Fruit Choice</p> <p><b>Lunch</b> French Toast Sticks with Sausage Cheesy Hashbrown Casserole Fresh Apple</p> <p><b>Snack</b> String Cheese and Juice</p>	<p><b>13 Breakfast</b> Whole Grain Mini Muffin 100% Fruit Juice</p> <p><b>Lunch</b> Chicken Strips with Soft Pretzel Baked Beans Peaches</p> <p><b>Snack</b> Goldfish and Milk</p>	<p><b>14 Breakfast</b> Whole Grain Eggo Mini Pancakes Fruit Choice</p> <p><b>Lunch</b> Roast Turkey and Gravy with Stuffing Whipped Potatoes Fresh Fruit</p> <p><b>Snack</b> Pretzels and Juice</p>	<p><b>15 Breakfast</b> Whole Grain Cereal 100% Fruit Juice</p> <p><b>Lunch</b> Cheese/Pepperoni Pizza Carrot Coins Fresh Fruit</p> <p><b>Snack</b> Yogurt and Milk</p>
<p><b>18 Breakfast</b> Whole Grain Zucchini Bread 100% Fruit Juice</p> <p><b>Lunch</b> Cheesy Beef Nachos with Bread Slice Black Beans Applesauce</p> <p><b>Snack</b> Fresh Veggies with Dip and Milk</p>	<p><b>19 Breakfast</b> Whole Grain Chez It's and String Cheese Fruit Choice</p> <p><b>Lunch</b> Corn Dog Nuggets Oven Baked Fries Pineapple</p> <p><b>Snack</b> Yogurt and Juice</p>	<p><b>20 Breakfast</b> Whole Grain Eggo Mini Maple Waffles 100% Fruit Juice</p> <p><b>Lunch</b> Macaroni and Cheese with Bread Slice Sweet Peas Pears</p> <p><b>Snack</b> String Cheese and Milk</p>	<p><b>21 Breakfast</b> Whole Grain Apple Cinnamon Mini Loaf Fruit Choice</p> <p><b>Lunch</b> Chefs Choice Fresh fruit Chefs Choice Vegetable</p> <p><b>Snack</b> Pretzels and Juice</p>	<p><b>22 Winter Break Starts</b></p> 
	<p>Classes begin on Tuesday, Jan. 2, 2018</p>			

\*Breakfast and Lunch come with ice cold low fat milk

\*Institution is an EOE