







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

*Breakfast and Lunch come with ice cold low fat milk

*Institution is an EOE