

Child Enrichment Center Menu – Early Pre-K

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of	Break: WG Corn Chex/ Banana/Milk Lunch: WG Cheese Pizza Bites/Pineapple/Salad/Milk Snack: WG Goldfish/Apple Slices	Break: WG Berry Muffin/ Mango/Milk Lunch: WG PB&J Sandwich/ Pears/Cucumber/Milk Snack: WG Trail Mix/ Mozzarella Stick	Break: Turkey Sausage/ Hash Browns/WG Toast w/Jam/Milk Lunch: WG Crackers/ Turkey Slices/Cheese Slices/ Tomato/Grapes/ Milk Snack: Carrots/Bell Pepper Sticks/Hummus	Break: Oatmeal/Raspberries/ Milk Lunch: Veggie-Lentil Soup/WG Pita Wedges/Peaches/Milk Snack: WG Graham Crackers/ Berry Cream Cheese Dip	Break: Kix/Blueberries/ Milk
Week of	Break: Cheerios/Banana/ Milk Lunch: Cheeseburger Bites/ WG Roll/Tater Tots/Peaches /Milk Snack: WG Tortilla Chip/ Bean Dip	Break: WG Banana Bread/ Raspberries/Milk Lunch: Ham and Swiss Roll- Up/Carrots & Cucumber/ Grapes/Milk Snack: Fruit Salad/Pretzels	Break: WG Granola/Yogurt /Mixed Berries/Milk Lunch: Cheese Quesadilla/ Black Bean Tomato Salsa/ Mango/Milk Snack: WG Ritz Cracker/ Peanut Butter/Fruit Bar	Break: Pancakes/Cinnamon Apple Slices/Milk Lunch: Chicken-Vegetable Soup /WG Biscuit/Mixed Fruit/Milk Snack: Snap Peas/Yogurt Dip	Break: WG Rice Chex/ Blueberries/Milk
Week of	Break: WG Corn Chex/ Strawberries/Milk Lunch: Mac & Cheese/ Green Beans/Oranges/Milk Snack: WG Toast w/Peanut Butter/Banana Slices	Break: Pumpkin Bread/ Apple Slices/Milk Lunch: Shredded Chicken Taquitos/Pineapple/Corn/ Milk Snack: Pretzels/Hummus	Break: WG Waffle/Mixed Berries/Milk Lunch: Spaghetti w. Meat Sauce/Peaches/Cucumber/ Milk Snack: Peaches/Cottage Cheese	Break: Ham-Cheddar on WG Biscuit/Mixed Fruit/Milk Lunch: Tomato Soup/WG Grilled Cheese Sandwich/Pears /Milk Snack: WG Graham Crackers/ Applesauce	Break: Kix/Blueberries/ Milk
Week of	Break: Cheerios/Banana/ Milk Lunch: Chicken & Spinach Alfredo Pasta/Broccoli/ Peaches/Milk Snack: WG Tortilla Chips/ Cottage Cheese Dip	Break: WG Bagel w/ Cream Cheese/Mixed Berries/Milk Lunch: Turkey-Cheese WG Pita Pockets/Bell Peppers/ Oranges/Milk Snack: Fruit Salad/WG Animal Crackers	Break: WG Pancakes/ Blueberries/Milk Lunch: Tofu-Broccoli & Stir-Fry Noodles/Mandarin Oranges/Milk Snack: WG Rice Cake/ Cheese Stick	Break: Smoothie/Granola Bar/ Milk Lunch: Black Bean Chili/ WG Tortilla Scoops/Mango/Milk Snack: WG Crackers/Veg-Fruit Sauce	Break: WG Rice Chex/ Strawberries/Milk

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