

# Ames Community Preschool Center Menu

May 13-17, 2018	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  Milk 3/4 cup for 3-5 yrs or 1 cup for 6-12 yrs	WW Toast Fruit Cocktail Milk  <i>Muffins for Moms today in Sue's Greenhouse!</i>	Blueberry Orange Parfait with Vanilla Yogurt	Egg Quesadilla on WW tortilla Oranges	Pancakes Applesauce Milk	Pineapple Bread Pears Milk
<b>Lunch</b> Milk 3/4 cup for 3-5 yrs or 1 cup for 6-12 yrs  <i>Vegetarian Option</i>	Bowtie Beef Lasagna Spinach Salad Grapes Milk  <i>Veggie crumble</i>	Chicken and Brown Rice Green Beans Oranges Milk  <i>Tofu substitution</i>	Smokin' Powerhouse Chili Corn Corn Muffins Peaches Milk	Breaded Cod Fillet Glazed Carrots Fruit Cocktail WW Bun Milk <i>Veggie Burger</i>	Beef Bell Pepper Tacos with Salsa Mandarin Oranges WW Tortilla Chips Milk  <i>Cheese Quesadilla</i>
<b>Snack</b> Milk 1/2 cup or 1 cup Juice is 1/2 or 3/4 cup	Pretzels Apples Water	Grape Tomatoes Grapes Water	Fruit Kabob with Grapes, Apples and Oranges Wheat Crackers Water	Fruit Snickersnack Milk	Saltine Crackers Cheese Slices Water