

Ames Community Preschool Center Menu

<i>September 10-14, 2018</i>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Milk 3/4 cup for 3-5 yrs or 1 cup for 6-12 yrs	Cheerios Bananas Milk	Scrambled Eggs Cereal Milk	WW Bread w/Jelly Apples Milk	French Toast Applesauce Milk	Oatmeal Pears Milk
Lunch Milk 3/4 cup for 3-5 yrs or 1 cup for 6-12 yrs <i>Vegetarian Option</i>	Tomato Soup Turkey Sandwich on WW Bread Milk <i>Cheese Sandwich & HB Egg</i>	Beef Fajitas with Grilled Peppers and Onions Apricots Milk <i>Veggie fajitas</i>	Gyro Meat with Pita & Tzatziki Carrots, Peas & Corn Blueberries Milk <i>Tofu Gyro</i>	Baked Cod with Brown and Wild Rice mix, Spinach Salad Apples Milk <i>Veggie Patty</i>	Beef Tater Tot Casserole Peas Pineapple Milk
Snack Milk 1/2 cup or 1 cup Juice is 1/2 or 3/4 cup	Broccoli Trees Goldfish Water	Diced Peaches Yogurt	Cheese Cubes Ritz Cracker Water	Graham Cracker Milk	Snickersnack Pears