

# Ames Community Preschool Center Menu

<i>April 9-13, 2018</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>  Milk 3/4 cup for 3-5 yrs or 1 cup for 6-12 yrs	Oatmeal Peaches Milk	Mixed Cereal Bananas	French Toast Applesauce Milk	WW Biscuit w/Jelly Mixed Fruit Milk	WW Toast Pears Milk
<b>Lunch</b> Milk 3/4 cup for 3-5 yrs or 1 cup for 6-12 yrs  <i>Vegetarian Option</i>	Sweet and Sassy Chicken WW Roll Green Beans Bananas Milk <i>Boca Burgers</i>	Mac-N-Cheese Peas Apples Milk	Asian Chicken Wraps on WW Tortillas Peaches Edamame Milk <i>Veggie crumble</i>	Veggie Chili Corn Bread Corn Oranges Milk	Cooks Choice On WW Bun Spinach Salad Pineapple Milk  <i>Cheese sandwich</i>
<b>Snack</b> Milk 1/2 cup or 1 cup Juice is 1/2 or 3/4 cup	Yogurt Blueberries	String Cheese Saltines	Sunbutter and Jelly Sandwich Milk	Graham Crackers Milk	Turkey Roll-Up on WW Tortilla Water