

Monthly Lunch Menu for The Children's Garden Preschool

February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Snack: Yogurt Lunch: Lasagna served with multi-grain bread Snack: Raisins & dried apricots	Snack: Fresh fruit Lunch: Chicken noodle soup served with pitas and hummus Snack: Popcorn	Snack: Applesauce Lunch: Beef, Corn & Rice Casserole Snack: Apple & oatmeal muffins	Snack: Puffed Wheat with Milk Lunch: Tourtieres served with green beans Snack: Fresh fruit	Snack: Fresh Fruit Lunch: Waffles and Sausages Snack: Melba toast & fruit
Snack: Fresh Fruit Lunch: Fish fillet served with herb & garlic mashed potatoes & peas Snack: Cheese & crackers	Snack: Fresh fruit Lunch: Roast beef wraps with veggies & dip Snack: Jello fruit salad	Snack: Cheerios Lunch: Beef noodle casserole served with corn Snack: Raisins & dried apricots	Snack: Fresh Fruit Lunch: Chicken burgers served with basmati rice Snack: Blueberry muffins	Snack: Fresh Fruit Lunch: Toasted bagels with cream cheese served with veggies & dip Snack: Tortilla chips
Snack: Fresh fruit Lunch: Chinese Food Snack: Fortune Cookies	Snack: Yogurt Lunch: Pancake Tuesday (pancakes, of course) Snack: Tortilla chips	Snack: Fresh fruit Lunch: Spaghetti served with rolls Snack: Banana muffins	Snack: Applesauce Lunch: Chicken strips served with scallop potatoes & peas Snack: Fresh fruit	Snack: Fresh Fruit Lunch: Pizza Day Snack: Rice cakes
Snack: Fresh Fruit Lunch: Meatballs served with rice and green beans Snack: Granola bars	Snack: Cereal with milk Lunch: French toast served with hashbrowns Snack: Cheese & crackers	Snack: Fresh Fruit Lunch: Tuna sandwiches served with veggies & dip Snack: Rice cakes	Snack: Fresh Fruit Lunch: Pork/mushroom sauce served over rice with carrots Snack: Melba toast & fruit	Snack: Fresh Fruit Lunch: Spaghetti served with multi-grain bread Snack: Jello fruit salad

Substitutions may occur depending on availability upon purchase and may change as a result of preschool events and activities.