

Pre-K Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none">- Pancakes- Banana- Milk	<ul style="list-style-type: none">- Scrambled Eggs- Toast- Milk	<ul style="list-style-type: none">- Cereal- Milk- Strawberries	<ul style="list-style-type: none">- Waffles- Honey- Milk	<ul style="list-style-type: none">- Toast- Peanut Butter- Milk
AM Snack	Apple slices	Yogurt	Orange slices	Grapes	Apple slices
Lunch	<ul style="list-style-type: none">- Chicken Rice- Carrots	<ul style="list-style-type: none">- Spaghetti- Meat Sauce- Broccoli	<ul style="list-style-type: none">- Fried Rice- Egg- Cucumber	<ul style="list-style-type: none">- Fried Chicken- Fries- Corn	<ul style="list-style-type: none">- Mini Sandwich- Cheese- Lettuce
PM Snack	<ul style="list-style-type: none">- Crackers- Cheese	Banana	<ul style="list-style-type: none">- Biscuits- Milk	Yogurt	<ul style="list-style-type: none">- Banana- crackers