

TLC MENU PLAN: PRESCHOOL 2 & PRESCHOOL 3 Rooms

JULY 2020

DATE	DAY	BREAKFAST	AM SNACK	PM SNACK	SUPPLEMENT
7/1	Wednesday	Waffles/Fruit/Milk _____	Animal crackers/Fruit/Juice _____	Pretzels/Veggies w/dip/Milk	
7/2	Thursday	Pancakes/Fruit/Milk _____	Cheese/Veggies w/dip/Juice	Popcorn/Fruit/Milk _____	
7/3	Friday	French Toast Stix/Fruit/Milk _____	Crackers w/Jelly or cream cheese/Juice	Trail Mix/Milk	
7/6	Monday	English Muffins w/butter/Fruit/Milk _____	Fruit/Pretzels/Milk _____	Animal crackers/Fruit/Milk _____	
7/7	Tuesday	Toast w/jelly or cream cheese/Milk	Goldfish/Fruit/Milk _____	Cheese/Veggies w/dip/Juice	
7/8	Wednesday	Waffles/Fruit/Milk _____	Graham crackers/Fruit/Milk _____	Crackers w/Jelly or cream cheese/Juice	
7/9	Thursday	Pancakes/Fruit/Milk _____	Granola Bar/Fruit/Milk _____	Fruit/Pretzels/Juice _____	
7/10	Friday	French Toast Stix/Fruit/Milk _____	Pepperoni, Cheese & Crackers/Juice	Goldfish/Fruit/Milk _____	
7/13	Monday	English Muffins w/butter/Fruit/Milk _____	Popcorn/Fruit/Milk _____	Graham crackers/Fruit/Milk _____	
7/14	Tuesday	Toast w/jelly or cream cheese/Milk	Pretzels/Veggies w/dip/Milk	Granola Bar/Fruit/Milk _____	
7/15	Wednesday	Waffles/Fruit/Milk _____	Trail Mix/Milk	Pepperoni, Cheese & Crackers/Juice	
7/16	Thursday	Pancakes/Fruit/Milk _____	Animal crackers/Fruit/Juice _____	Popcorn/Fruit/Milk _____	
7/17	Friday	French Toast Stix/Fruit/Milk _____	Cheese/Veggies w/dip/Milk	Trail Mix/Juice	
7/20	Monday	English Muffins w/butter/Fruit/Milk _____	Crackers w/Jelly or cream cheese/Juice	Pretzels/Veggies w/dip/Milk	
7/21	Tuesday	Toast w/jelly or cream cheese/Milk	Fruit/Pretzels/Milk _____	Animal crackers/Fruit/Milk _____	
7/22	Wednesday	Waffles/Fruit/Milk _____	Goldfish/Fruit/Milk _____	Cheese/Veggies w/dip/Juice	
7/23	Thursday	Pancakes/Fruit/Milk _____	Graham crackers/Fruit/Milk _____	Crackers w/Jelly or cream cheese/Juice	
7/24	Friday	French Toast Stix/Fruit/Milk _____	Granola Bar/Fruit/Juice _____	Fruit/Pretzels/Milk _____	
7/27	Monday	English Muffins w/butter/Fruit/Milk _____	Pepperoni, Cheese & Crackers/Juice	Goldfish/Fruit/Milk _____	
7/28	Tuesday	Toast w/jelly or cream cheese/Milk	Animal crackers/Fruit/Juice _____	Pretzels/Veggies w/dip/Milk	
7/29	Wednesday	Waffles/Fruit/Milk _____	Popcorn/Fruit/Milk _____	Graham crackers/Fruit/Milk _____	
7/30	Thursday	Pancakes/Fruit/Milk _____	Cheese/Veggies w/dip/Juice	Popcorn/Fruit/Milk _____	
7/31	Friday	French Toast Stix/Fruit/Milk _____	Trail Mix/Milk	Pepperoni, Cheese & Crackers/Juice	
^Granola Bar is Oats & Honey Flavor				Fruit Key: A = Apples B = Bananas O = Oranges	
*Trail Mix includes: Chex & Kix cereal, Raisins, Pretzel stixs				AS = Applesauce P = Peaches PA = Pineapple R = Raisins	

WHEN MENU ITEM IS NOT IN STOCK PLEASE USE A SUBSTITUTE SNACK ITEM