

Leaps & Bounds Preschool

For the week of: December 6th —December 10th, 2021

Serving Sizes				Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Age	1-2 yr	3-5 yr	6-12 yr		Milk	Milk	Milk	Milk	Milk
Milk	1/2 c	3/4 c	1 c		Strawberry Cheesecake Muffins	Scrambled Eggs	Waffles w/syrup & butter	Cream of Wheat	Honey Bunches of Oats
Fruit/Vegetable	1/4 c	1/2 c	1/2 c		Sliced Orange	WG Buttered Toast	Sliced Apples (apple sauce for toddlers)	Applesauce	Banana
Grain/Bread	1/2 serv	1/2 serv	1 serv						

Serving Sizes				Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Age	1-2 yr	3-5 yr	6-10 yr		Milk	Milk	Milk	Milk	Milk
Milk	1/2 c	3/4 c	1 c		Chicken Teriyaki	Goulash w/ beef, Tomato sauce and cheese	Shake n' Bake Chicken Nuggets	Shepherd's Pie w/beef	Turkey & Cheese Sliders
Meat/Alt	1 oz	1 1/2 oz	2 oz		WG Rice	WG Noodles	Buttered Roll	Buttered Toast	Hawaiian Roll
Grain/Bread	1/2 serv	1/2 serv	1 serv		Stir Fry Vegetables from frozen	Field Peas w/Snaps	Green Beans	Mashed Potatoes	Lettuce
Vegetable	1/8 c	1/4 c	1/2 c		Pineapple Tidbits	Mandarin Oranges	Peaches	Green Peas	Tomato w/ranch
Casserole	1/2 c	1/2 c	3/4 c						

Casseroles included in menu are from the CCFP Cook book and meet their approval and many time include more than one component.

Serving Sizes				Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Age	1-2 yr	3-5 yr	6-10 yr		Water	Water	Water	Water	Water
Milk	1/2 c	3/4 c	1 c		Peanut Butter & Jelly Sandwich	Pretzel Rods	Wheat Thins	Sliced Cheese	Trail Mix
Fruit/Veggie	1/4 c	1/2 c	1/2 c		WG Bread	Pimento Cheese	Yogurt	Ham Slice	Raisins

Unflavored Whole Milk for 1 year-olds
Unflavored 1% Milk for age 2-School Age Children

Water will be offered at snack time when juice or milk are not on the menu; as well as being accessible throughout the day.

CN Label
Vitamin A
CCFP Recipe

Fresh Fruit
Extra
Whole Grain