

Leaps & Bounds Preschool

For the week of: March 15th—March 19th, 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		Blueberry Muffins	Scrambled Egg Patty	Cheese Toast	Oatmeal	Apple Jacks
Fruit/ Vegetable	1/4 c	1/2 c	1/2 c		Fresh Navel Oranges	WG Buttered Toast	Fresh Apples	Applesauce	BANANA
Grain/Bread	1/2 serv	1/2 serv	1 serv						

Age	1-2 yr	3-5 yr	6-10 yr	Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 c	3/4 c	1 c		Milk	Milk	Milk	Milk	Milk
Meat/Alt	1 oz	1 1/2 oz	2 oz		Ham	Beef & Cheese Quesadilla	Cheese Pizza w/pepperoni	Chicken & Rice	Roast Beef & Cheese Sandwiches
Grain/Bread	1/2 serv	1/2 serv	1 serv		Dinner Roll	Tortilla	WG English Muffin	White acre Peas	WG Bread
Vegetable	1/8 c	1/4 c	1/2 c		Mased Potatoes	Corn	Mixed Veggies	Pineapple Tidbits	Cucumbers w/ranch
Fruit	1/8 c	1/4 c	1/2 c		Green Beans	Mixed Fruit	Peaches		Canteloup
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.

Age	1-2 yr	3-5 yr	6-10 yr	Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1/2 c	3/4 c	1 c		Water	Water	Water	Water	Water
Fruit/Veggie	1/4 c	1/2 c	1/2 c		Chex Mix	Animal Crackers	Wheat Thins	Graham Crackers	Trail Mix
Grain/Bread	1/2 serv	1/2 serv	1 serv		Sliced Grapes	Raisins	String Cheese	Peanut Butter	Mixed Fresh Fruit

Whole Milk for 1 year-olds

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