

# Leaps & Bounds Preschool

For the week of: November 6th — November 10th, 2023

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	Waffle Sticks w/little butter & syrup	Biscuits & Gravy	WG Oatmeal	WG Cheerios
Fruit/ Vegetable	1/4 c	1/2 c	1/2 c		Tropical Fruit Salad from canned	Sliced Oranges	Hashbrown	Applesauce	Sliced Bananas
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		Tun Fish Salad	Ham	Ham & Cheese Sandwich	Turkey & Cheese Enchiladas	Cheese Pizza
Meat/Alt	1 oz	1 1/2 oz	2 oz		WG Ritz Crackers	Stuffing w/gravy	WG Bread		WG Crust
Grain/Bread	1/2 serv	1/2 serv	1 serv		Sliced Cucumbers	Green Beans	Lettuce & Tomato Salad w/ranch	Tortilla	Peas
Vegetable	1/8 c	1/4 c	1/2 c		Diced Cooked Carrots	Mixed Fruit from Frozen	Smile Fries	Corn	Mixed Fruit
Fruit	1/8 c	1/4 c	1/2 c					Sliced Oranges	
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 times 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		Animal Crackers	String Cheese	Salsa	Graham Crackers	Trail Mix w/Raisins
Fruit/Veggie	1/4 c	1/2 c	1/2 c		100% Strawberry Juice	Cheese Its	Sun Chips	Yogurt	100% Grape Juice
Grain/Bread	1/2 serv	1/2 serv	1 serv						

Trail Mix consists of Various WG Cereals and Crackers  
(CN) Child Nutrition Label