

First Methodist Preschool

August 2017



committed to provide freshness, variety, and good nutrition



lean meats
chicken breast meat
*
only fresh or frozen veggies
*
fresh or natural juice fruit
*
whole grains



all food produced in a TDA inspected kitchen



"always BAKED, never fried"



more info at twelveoaks.catering.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
4	7	8	9	10
5	14	15	16	17
1	21	22	23	24
toasted oats cereal with raisins whole or 1% milk **	fresh orange ** whole or 1% milk **	fresh baked whole grain real blueberry n' oats muffin 100% fruit juice **	applesauce ** whole or 1% milk **	french toast syrup 100% fruit juice **
turkey frank whole wheat coney bun oven potatoes, diced steamed broccoli cuts ketchup whole or 1% milk **	salisbury beef steak in tomato brown sauce whole wheat roll mashed potatoes steamed carrot coins whole or 1% milk **	chicken ZOO crew with whole grain breading sweet potatoes 4-way vegetable mix ketchup whole or 1% milk **	meatballs n' Roma sauce whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch whole or 1% milk **	"cured"turkey & cheese in whole wheat tortilla wrap lotsa bean salad fresh cucumber slices reduced calorie ranch whole or 1% milk **
fresh seasonal apple whole or 1% milk	cheddar goldfish & pretzels whole or 1% milk	fresh celery bites - light ranch whole or 1% milk	cheese n'whole wheat roll whole or 1% milk	vanilla yogurt "pudding" whole or 1% milk
2	28	29	30	31
whole wheat bagel with cream cheese 100% fruit juice **	whole grain cereal medley 100% fruit juice **	fresh baked whole grain pineapple "crumb" muffin 100% fruit juice **	fresh-cut cantaloupe wedge whole or 1% milk **	
chicken breast nuggets with whole grain breading seasoned black beans steamed carrot coins ketchup whole or 1% milk **	beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley ketchup whole or 1% milk **	cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch whole or 1% milk **	homestyle meatloaf in light brown gravy whole wheat roll mashed potatoes steamed cut green beans whole or 1% milk **	
pineapple chunks in juice whole or 1% milk	fresh seasonal apple whole or 1% milk	fresh banana whole or 1% milk	mozzarella cheese stick whole or 1% milk	