

# SAMPLE MENU

## SOUTHWOOD PRESCHOOL BREAKFAST & LUNCH MENU\*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Blueberry Pancakes w/Syrup & OJ  Hot Dogs, Pork Baked Beans, Dessert & Milk	<b>2</b> Ham & Egg Breakfast Sandwiches & OJ  Macaroni & Cheese, Vegetables, Dessert & Milk	<b>3</b> Scrambled Eggs, Hash Browns & OJ  Vegetable Soup, PB&J Sandwiches, Dessert & Milk	<b>4</b> Cold Cereal, Muffins & OJ  Bring Your Own Lunch
<b>7</b> Egg, Tarter Tots & OJ  Chicken Nuggets, Mashed Potatoes, Vegetables Dessert & Milk	<b>8</b> Bagels w/Cream Cheese or Jelly & OJ  Penne Pasta w/Marinara Sauce, Bread w/butter, Dessert & Milk	<b>9</b> Waffles w/Syrup & OJ  Cheese Quesadillas, Refried Beans, Dessert & Milk	<b>10</b> Egg Croissant Sandwiches & OJ  Beef Sloppy Joe's, Salad, Dessert & Milk	<b>11</b> Cold Cereal, Cinnamon Toast & OJ  Bring Your Own Lunch
<b>14</b> French Toast w/Syrup & OJ  Tomato Soup, Grilled Cheese Sandwiches, Dessert & Milk	<b>15</b> Scrambled Eggs, Sausage & OJ  Cheese Enchiladas, Corn, Dessert & Milk	<b>16</b> Bagels w/Cream Cheese or Jelly & OJ  Spaghetti w/Meat Sauce, Salad, Bread w/Butter Dessert & Milk	<b>17</b> Oatmeal, Toast & OJ  Fish Sticks, Vegetables, Mashed Potatoes, Dessert & Milk	<b>18</b> Cold Cereal, Fruit & OJ  Bring Your Own Lunch
<b>21</b> English Muffins w/Butter or Jelly & OJ  Taco Bowls, Refried Beans, Ground Beef, Cheese, Lettuce, Dessert & Milk	<b>22</b> Scrambled Eggs w/Ham & OJ  Turkey Corn Dogs, Vegetables, Dessert & Milk	<b>23</b> Blueberry Pancakes w/Syrup & OJ  Lentil Soup, Bologna Sandwiches, Dessert & Milk	<b>24</b> Scrambled Eggs, Hash Browns & OJ  Chicken & Rice, Vegetables, Bread w/Butter & Milk	<b>25</b> Cold Cereal, Cinnamon Rolls & OJ  Bring Your Own Lunch
<b>28</b> Waffles w/Syrup & OJ  Chicken Noodle Soup, Bread w/Butter, Dessert & Milk	<b>29</b> Bagels w/Cream Cheese or Jelly & OJ  Beef Chili, Cornbread, Dessert & Milk	<b>30</b> Egg Croissant Sandwiches & OJ  Beef Raviolis, Bread w/Butter, Dessert & Milk	<b>31</b> French Toast w/Syrup & OJ  Cheese Pizza, Salad, Dessert & Milk	

Breakfast is served between 7:30 and 8:00a.m.

Lunch is served between 12:00 and 12:30p.m.

\*Menu subject to change without notice