

2017-2018



August
&
September

Williamsburg Preschool Lunch Menu

	MONDAY <i>Vegetable of the Day:</i> Broccoli	TUESDAY <i>Vegetable of the Day:</i> Corn	WEDNESDAY <i>Vegetable of the Day:</i> Green Beans	THURSDAY <i>Vegetable of the Day:</i> Cooks Choice of Other	FRIDAY <i>Vegetable of the Day:</i> Peas
	Fruit & Vegetable Bar Offered Daily				
WEEK 1	9/11 Mini Corn Dogs (cut in half) 1/4 c fruit 1/4 c Broccoli	9/12 Taco Haystacks Salsa 1/4 c fruit 1/4 c Corn	9/13 Chicken Tenders 1/4 c fruit 1/4c Green Beans	8/17 – First day of school! 9/14 Cheezy Bread w/ Marinara Sauce 1/4 c fruit 1/4 c veg	8/18, 9/15 Specialty Pizza 1/4 c fruit 1/4 c Peas
WEEK 2	8/21, 9/18 Toasted Cheese Sandwich 1/2 c Tomato Soup 1/4 c fruit 1/4 c Broccoli	8/22, 9/19 Pasta & Meat Sauce Garlic toast 1/4 c fruit 1/4 c corn	8/23, 9/20 Chicken Nuggets Dinner Roll 1/4 c fruit 1/4c Green Beans	8/24, 9/21 Cheeseburger 1/4 c fruit 1/4 c veg	8/25, 9/22 Specialty Pizza 1/4 c fruit 1/4 c Peas
WEEK 3	8/18, 9/25 BBQ Riblet on a Bun 1/4 c fruit 1/4 c Broccoli	8/29, 9/26 Pizza Dippers w/Marinara Sauce 1/4 c fruit 1/4 c Corn	8/30, 9/27 Popcorn Chicken Dinner Roll 1/4 c fruit 1/4c Green Beans	8/31, 9/28 French Toast & Sausage 1/4 c fruit 1/4 c veg	9/1, 9/29 Specialty Pizza 1/4 c fruit 1/4 c Peas
WEEK 4	9/4- Labor Day No School!	9/5 Cincinnati Chili Spaghetti 1/4 c fruit 1/4 c Corn	9/6 Boneless Chicken Wings Dinner Roll 1/4 c fruit 1/4c Green Beans	9/7 Cheeseburger 1/4 c fruit 1/4 c veg	9/8 Specialty Pizza 1/4 c fruit 1/4 c Peas

This menu is subject to change, without notice, due to price or availability of products

Eliminate the following items from menu for all Head Start children:

- Hot dogs (OK if quartered length-wise)
- Marshmallows
- Peanuts, nuts or seeds
- Whole grapes (OK if sliced in half)

- Raw carrots (unless shredded or quartered)
- Chunks of Peanut butter (OK if spread on cracker or bread)
- Sausage links (OK if quartered lengthwise)
- Raw apples
- Popcorn

For comments or concerns about the lunch program, contact Gerry Levy: 576-2292.

The USDA is an equal opportunity provider.

Williamsburg Preschool Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple or Cinnamon Granola Square ½ cup fruit/veg 8 oz. Milk	Cheese Stick ½ c. fruit/veg 8 oz. Milk	Cheerios or Rice Krispies Cereal ½ cup fruit/veg 8 oz. Milk	Fruit Yogurt ½ cup fruit/veg 8 oz. Milk	Oatmeal-Strawberry Bar ½ cup fruit/veg 8 oz. Milk

For a complete meal, students must select all 3 items at breakfast.

Eat a school breakfast & start the day ready to learn!

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- Sausage links (OK if quartered lengthwise)
- Raw apples
- Popcorn

All grains are whole grain rich. All milk is unflavored.

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Thank you
for participating in the school
Meal program!

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