



## TUFENKIAN PRE-SCHOOL 2011-2012 MENU

	<b>DAY</b>	<b>BREAKFAST</b> Preschool 8:30-9:00 A.M. Kindergarten 9:00-9:30 A.M.	<b>LUNCH</b> Preschool 11:30 A.M.-12:00 P.M. Kindergarten 12:10 - 1:00 P.M.	<b>P.M. SNACK</b> 2:30 P.M.
<b>Menu Week 1</b>	Monday	Cereal Milk - Fresh Fruits	Chicken Patties-Tomatoes - Lettuce Milk - Garden Salad	Graham Crackers & Milk
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Karmir Pilaf Milk - Bread	Crackers & Fruit
	Wednesday	Egg Sandwich Milk - Fresh Fruits	White Bean & Mixed Vegetable Stew Bread - Milk	Vanilla Yogurt & Cereal
	Thursday	Cream Cheese & Bagel Milk - Fresh Fruits	Green Bean Stew & Rice Milk - Bread	Cheese & Crackers
	Friday	Cereal Milk - Fresh Fruits	Pizza Milk - Garden Salad	Fresh Fruits & Crackers
<b>Menu Week 2</b>	Monday	Cereal Milk - Fresh Fruits	Chicken Nuggets & Mashed Potatoes- Milk - Vegetables	Cheese & Crackers
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Rice w/Noodles or Lentils & Chicken Milk - Garden Salad	Vegetables & Yogurt
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Macaroni Milk - Garden Salad	Cereal & Juice/ Milk
	Thursday	Cream Cheese Sandwich Milk - Fresh Fruits	Ground Beef Kabob (Luleh) w/Rice Milk - Garden Salad	Fresh Fruits & Crackers
	Friday	Cereal Milk - Fresh Fruits	Yogurt Soup & Cold Cuts Sandwich Milk - Lettuce & Tomatoes	Animal Crackers Milk
<b>Menu Week 3</b>	Monday	Cereal Milk - Fresh Fruits	Karmir Pilaf Milk - Garden Salad	Crackers & Cheese/ Fruit & Cheese
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Chicken Salad Sand. /Mac. & Cheese Milk - Tomatoes & Lettuce (Alt. Month)	Graham Crackers & Milk
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Beef, Cabbage & Vegetable Soup (Borsch) Milk - Bread	Vanilla Yogurt & Cereal
	Thursday	Cream Cheese & Bagel Milk - Fresh Fruits	Chicken Kabob & Rice Milk - Garden Salad	Animal Crackers & Milk
	Friday	Cereal Milk - Fresh Fruits	Pizza Milk - Garden Salad / Vegetables	Fresh Fruits & Crackers
<b>Menu Week 4</b>	Monday	Cereal Milk - Fresh Fruits	Chicken Soup alphabet noodles & Mixed Vegetables Milk - Bread	Fresh Fruits & Crackers
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Chicken Bulgur Pilaf Milk - Garden Salad	Vegetables & Yogurt
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Beef Stew (Potatoes- Carrots- Peas) Milk - Bread	Cheese & Crackers
	Thursday	Cream Cheese & Bagel Milk - Fresh Fruits	Macaroni Milk - Garden Salad	Cereal & Juice
	Friday	Cereal Milk - Fresh Fruits	Yogurt Soup & Cold Cuts Sandwich Milk - Lettuce & Tomatoes	Animal Crackers & Milk

(Revised 8- 2011)