

MSUM Early Education Center
Oct. 19, 2009-Nov. 13, 2009

WEEK 1	BREAKFAST	LUNCH	SNACK
Monday	Cheerios Apple Juice Milk	Spaghetti w/Meat Sauce Garlic Toast-Cottage Cheese Romaine salad Banana –Milk	Cinnamon Bread Orange Juice
Tuesday	Kix Banana Milk	Ham & Cheese Sandwich Watermelon Carrots w/ Dip Tator Tots –Milk	Granola Cereal Milk
Wednesday	Yogurt Oranges Cinnamon Bread Cereal & Milk	Hamburger on a Bun Chips/Tomato Slices Veggie Sticks w/ Dip Peaches –Milk	Crackers & Provolone Cheese Apple Juice
Thursday	Oatmeal/Raisins and Brown Sugar Orange Juice Milk	Cheese Pizza Yogurt Corn /Apple Sauce Milk	Wheat Thins Apples with water
Friday	Hard Boiled Eggs Toast-Grape Juice Cereal & Milk	Cheese Quesadilla Steamed broccoli Tortilla chips/yogurt Oranges –Milk	Bagels Lt. Cream Cheese Pineapple Juice
Week 2	BREAKFAST	LUNCH	SNACK
Monday	Raisin Bread Applesauce Cereal & milk	Grilled Chicken Breast served hot on bun Rice, Pears- Milk	Graham Crackers Pineapple juice
Tuesday	Special K Bananas Yogurt/milk	Sloppy Joes/bun peas- tator tots strawberries/milk	Oatmeal Cookies Milk
Wednesday	Bran muffin Applesauce Cereal/ milk	Turkey Mashed Potatoes w/gravy Corn , banana Wheat roll- milk	Vanilla Wafers Milk
Thursday	Life cereal Milk Orange juice	Pancakes w/syrup ham slices breakfast potatoes Applesauce- milk	banana bread milk
Friday	Scones Fresh pineapple Cereal & milk	Cheese Omelet Applesauce/peaches bagels & strawberry cream cheese milk	Animal Crackers orange juice

WEEK 3	BREAKFAST	LUNCH	SNACK
Monday	Life Cereal Orange Juice Milk	Peanut Butter and Jelly on whole wheat/yogurt peaches/corn Milk	Vanilla Wafers milk
Tuesday	Scrambled eggs Toast/grape juice Milk	Chicken rice hotdish steamed carrots melon cup Chocolate pudding-milk	cereal cup milk
Wednesday	Cheerios Apple juice Milk	Tacos- Tortilla shells- Meat, lettuce cheese, tomatoes, sour cream banana	Rice-krispy bar milk
Thursday	Fresh Fruit Cinnamon bread Cereal and milk	Chili (with beef and beans) crackers and cheese fresh veggies with dip Applesauce-milk	Fish crackers orange juice
Friday	Rice Krispies Grape Juice Milk	Cheese Pizza Cottage Cheese Steamed carrots Applesauce & Milk	Mini bagels with cream cheese Pineapple juice
WEEK 4	BREAKFAST	LUNCH	SNACK
Monday	Cheerios Bananas Milk	Turkey/Provolone sandwich Chips, Corn, Fresh pineapple Milk	Oatmeal cookie Milk
Tuesday	Cinnamon Rolls Grape Juice Cereal & Milk	Tator tot hotdish Peas & Carrots Mandarin Oranges Dinner roll- Milk	Animal Crackers Strawberry yogurt
Wednesday	Life cereal Apple juice Milk	Meat Lasagna Lettuce salad Steamed carrots Apple-Milk	Orange muffin Milk
Thursday	Fresh fruit Cinnamon bread Cereal & milk	Chicken Noodle soup cracker & cheese fresh veggies/dip Applesauce- Milk	Banana bread Milk
Friday	Pancakes Grape juice Milk	Tuna Noodle Hotdish yogurt- green beans banana-milk	Ritz crackers peanut butter milk