



# Mather Preschool Breakfast Menu

## February, 2021

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>ALLERGENS OR RELIGIOUS RESTRICTIONS:</b>  E = EGG M = MILK	<b>1</b> WW English muffin Diced Pineapple Milk	<b>2</b> HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	<b>3</b> WG Waffles Oranges Milk	<b>4</b> Toasted WG Bagel w/butter- <sup>M</sup> Bananas Milk	<b>5</b> WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	We serve Fat Free Milk to children over age 2, <b>as required by CA state licensing regulations</b>
	<b>8</b> WG Pancakes <sup>E,M</sup> Fruit Cocktail Milk	<b>9</b> WG (Baked) French Toast Sticks <sup>E,M</sup> Dice Peaches Milk	<b>10</b> Whole Wheat Toast w/butter- <sup>M</sup> Applesauce Milk	<b>11</b> WG Biscuits <sup>M</sup> Diced Pears Milk	<b>12</b> WG Oatmeal W/ Raisins or WG Cereal Bananas Milk	<b>Our canned fruits are packed in natural fruit juice—NO added sugar!</b>
	<b>15</b>  <b>Closed</b>	<b>16</b> HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	<b>17</b> WG Waffles Oranges Milk	<b>18</b> Toasted WG Bagel w/butter- <sup>M</sup> Bananas Milk	<b>19</b> WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	Whole Grain cereals offer Cheerios Rice Krispies Mini Wheat
	<b>22</b> WG Pancakes <sup>E,M</sup> Fruit Cocktail Milk	<b>23</b> WG (Baked) French Toast Sticks <sup>E,M</sup> Peaches Milk	<b>24</b> Whole Wheat Toast w/butter- <sup>M</sup> Applesauce Milk	<b>25</b> WG Biscuits <sup>M</sup> Diced Pears Milk	<b>26</b> WG Oatmeal W/ Raisins or WG Cereal Bananas Milk	<u>Did you know?</u> We serve your child 4 to 5 servings of fruits or veggies <u>each day?!?</u> ☺ (Full-day programs)
	<b>3/1</b> WW English muffin Diced Pineapple Milk	<b>2</b> HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	<b>3</b> WG Waffles Oranges Milk	<b>4</b> Toasted WG Bagel w/butter- <sup>M</sup> Bananas Milk	<b>5</b> WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	<b>Menus are subject to change with little notice due to unforeseen circumstances</b>

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# Mather Preschool Lunch Menu

## February, 2021



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>*Ranch Dressing contains MILK!</b> <b>**"HM" means Homemade</b> <b>"WG" = Whole grain rich</b>	<b>1</b> Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	<b>2</b> Whole Wheat Spaghetti w/ Meat Sauce <sup>C</sup> Green Beans Peaches* Milk	<b>3</b> Turkey Sandwich <sup>C</sup> w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk	<b>4</b> Hamburger <sup>B</sup> on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	<b>5</b> <u>Baked</u> Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk	
We serve unflavored Fat Free Milk to children over age 2, <b>as required by CA state licensing regs.</b>	<b>8</b> Grilled Cheese <sup>M</sup> Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk	<b>9</b> HM Whole Wheat Mac & Cheese <sup>M,C</sup> , Steamed Broccoli Florets Pineapple* Milk	<b>10</b> Chef Salad W/Ranch* (Mixed Baby Greens, Turkey <sup>C</sup> &Cheese <sup>M*</sup> ), WG Corn Muffin* Alphabet-Veggie soup* Milk	<b>11</b> WG Bean & Cheese, Corn Tacos Mixed Greens Oranges Milk	<b>12</b> Whole Wheat Cheese Pizza <sup>M</sup> , Spinach Salad w/ Ranch Dressing* Bannanas Milk	
	<b>15</b> <b>Closed</b>	<b>16</b> Whole Wheat Spaghetti w/ Meat Sauce <sup>C</sup> Green Beans Peaches* Milk	<b>17</b> Turkey Sandwich <sup>C</sup> w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk	<b>18</b> Hamburger <sup>B</sup> on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk	<b>19</b> <u>Baked</u> Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk	
	<b>22</b> Grilled Cheese <sup>M</sup> Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk	<b>23</b> HM Whole Wheat Mac & Cheese <sup>M,C</sup> , Steamed Broccoli Florets Pineapple* Milk	<b>24</b> Chef Salad W/Ranch* (Mixed Baby Greens, Turkey <sup>C</sup> &Cheese <sup>M*</sup> ), WG Corn Muffin* Alphabet-Veggie soup* Milk	<b>25</b> WG Bean & Cheese, Corn Tacos Mixed Greens Fresh Fruit* Milk	<b>26</b> Whole Wheat Cheese Pizza <sup>M</sup> , Spinach Salad w/ Ranch Dressing* Fresh Fruit* <b>Milk</b>	<b>ALLERGENS OR RELIGIOUS RESTRICTIONS:</b>  E = EGG M = MILK B = BEEF F = FISH C = CHICKEN/ TURKEY
<b>Did you know?</b> We serve your child 4 to 5 servings of fruits or veggies each day?!? (Full-day programs)	<b>3/1</b> Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* <b>Milk</b>	<b>2</b> Whole Wheat Spaghetti w/ Meat Sauce <sup>C</sup> Green Beans Peaches* Milk	<b>3</b> Turkey Sandwich <sup>C</sup> w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk	<b>4</b> Hamburger <sup>B</sup> on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk	<b>5</b> <u>Baked</u> Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk	

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# Mather Preschool Snack Menu

## February, 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <u>AM:</u> WG Saltine Crackers Peaches Water  <u>PM:</u> WG Goldfish Crackers* Apples & Water	<b>2</b> <u>AM:</u> Bowl of WG Cereal & Milk <sup>M</sup> Water  <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip <sup>M</sup> , Water	<b>3</b> <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	<b>4</b> <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water  PM; WG. Noodle Soup, Orange Slices & Water	<b>5</b> <u>AM:</u> WG Pretzels * Peaches* Water <u>PM:</u> WG Pretzel Diced Peaches* Water	
	<b>8</b> <u>AM:</u> WG Triscuit Crackers Oranges & Water  <u>PM:</u> WG Ritz Crackers Diced Pears & Water	<b>9</b> <u>AM:</u> Bowl of WG Cereal & Milk <sup>M</sup> Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	<b>10</b> <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese <sup>M</sup> Water	<b>11</b> <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	<b>12</b> <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	<div> <b>ALLERGENS OR RELIGIOUS RESTRICTIONS:</b>             N = PEANUTS/            NUTS            M = MILK         </div>
	<b>15</b>  <b>Closed</b>	<b>16</b> <u>AM:</u> Bowl of WG Cereal & Milk <sup>M</sup> Water  <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip <sup>M</sup> , Water	<b>17</b> <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	<b>18</b> <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water  PM; WG. Noodle Soup, Orange Slices & Water	<b>19</b> <u>AM:</u> WG Pretzels * Peaches* Water  <u>PM:</u> WG Pretzel Diced Peaches* Water	Our canned fruits are packed in natural fruit juice—NO added sugar
We serve unflavored Fat-Free Milk to children over age 2, <b>as required by CA state licensing regs.</b>	<b>22</b> <u>AM:</u> WG Triscuit Crackers Oranges & Water  <u>PM:</u> WG Ritz Crackers Diced Pears & Water	<b>23</b> <u>AM:</u> Bowl of WG Cereal & Milk <sup>M</sup> Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	<b>24</b> <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese <sup>M</sup> Water	<b>25</b> <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	<b>26</b> <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	<div> <b>Did you know?</b>            We serve your child 4 to 5 servings of fruits or veggies each day?!?         </div>
	<b>3/1</b> WG Saltine Crackers Peaches Water  <u>PM:</u> WG Goldfish Crackers* Apples & Water	<b>2</b> <u>AM:</u> Bowl of WG Cereal & Milk <sup>M</sup> Water  <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip <sup>M</sup> , Water	<b>3</b> <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	<b>4</b> <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water  PM; WG. Noodle Soup, Orange Slices & Water	<b>5</b> <u>AM:</u> WG Pretzels * Peaches* Water  <u>PM:</u> WG Pretzel Diced Peaches* Water	<b>Menus are subject to change with little notice due to unforeseen circumstances</b>

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