




Mather Preschool Breakfast Menu

April, 2021



	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
ALLERGENS OR RELIGIOUS RESTRICTIONS: E = EGG M = MILK	29 WW English muffin Diced Pineapple Milk	30 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	31 WG Waffles Oranges Milk	4/1 Toasted WG Bagel w/butter- ^M Bananas Milk	2 WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	We serve Fat Free Milk to children over age 2, and unflavored whole milk to children 1-2 yrs old. as required by CA state licensing regulations
	 5 WG Pancakes ^{E,M} , Fruit Cocktail Milk	6 WG (Baked) French Toast Sticks ^{E,M} Dice Peaches Milk	7 Whole Wheat Toast w/butter- ^M Applesauce Milk	8 WG Biscuits- ^M Diced Pears Milk	9 WG Oatmeal W/ Raisins or WG Cereal Bananas Milk	Our canned fruits are packed in natural fruit juice—NO added sugar!
	12 WW English muffin Diced Pineapple Milk	13 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	14 WG Waffles Oranges Milk	15 Toasted WG Bagel w/butter- ^M Bananas Milk	16 WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	Whole Grain cereals offer Cheerios Rice Krispies Mini Wheats
	19 WG Pancakes ^{E,M} , Fruit Cocktail Milk	20 WG (Baked) French Toast Sticks ^{E,M} Peaches Milk	21 Whole Wheat Toast w/butter- ^M Applesauce Milk	22 WG Biscuits- ^M Diced Pears Milk	23 WG Oatmeal W/ Raisins or WG Cereal Bananas Milk	<div> Did you know? We serve your child 4 to 5 servings of fruits or veggies <u>each day?!?</u> ☺ (Full-day programs) </div>
	26 WW English muffin Diced Pineapple Milk	27 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	28 WG Waffles Oranges Milk	29 Toasted WG Bagel w/butter- ^M Bananas Milk	30 WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	Menus are subject to change with little notice due to unforeseen circumstances

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Mather Preschool Lunch Menu

April, 2021



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
*Ranch Dressing contains MILK! **"HM" means Homemade "WG" = Whole grain rich	29 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* Milk	30 Whole Wheat Spaghetti w/ Meat Sauce ^C Green Beans Peaches* Milk	31 Turkey Sandwich ^C w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk	4/1 Hamburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk	2 <u>Baked</u> Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk	
We serve unflavored Fat Free Milk to children over age 2, and unflavored whole milk to children 1-2 years old. as required by CA state licensing regs.	5 Grilled Cheese ^M Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk	6 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple* Milk	7 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin* Alphabet-Veggie soup* Milk	8 WG Bean & Cheese, Corn Tacos Mixed Greens Oranges Milk	9 Whole Wheat Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Bannanas Milk	
	12 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* Milk	13 Whole Wheat Spaghetti w/ Meat Sauce ^C Green Beans Peaches* Milk	14 Turkey Sandwich ^C w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk	15 Hamburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk	16 <u>Baked</u> Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk	
Did you know? We serve your child 4 to 5 servings of fruits or veggies each day?!? (Full-day programs)	19 Grilled Cheese ^M Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk	20 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple* Milk	21 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin* Alphabet-Veggie soup* Milk	22 WG Bean & Cheese, Corn Tacos Mixed Greens Fresh Fruit* Milk	23 Whole Wheat Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Fresh Fruit* Milk	ALLERGENS OR RELIGIOUS RESTRICTIONS: E = EGG M = MILK B = BEEF F = FISH C = CHICKEN/ TURKEY
	26 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* Milk	27 Whole Wheat Spaghetti w/ Meat Sauce ^C Green Beans Peaches* Milk	28 Turkey Sandwich ^C w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk	29 Hamburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk	30 <u>Baked</u> Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk	

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Mather Preschool Snack Menu

April, 2021

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	29 WG Saltine Crackers Peaches Water PM: WG Goldfish Crackers* Apples & Water	30 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	31 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	4/1 <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water PM: WG. Noodle Soup, Orange Slices & Water	2 <u>AM:</u> WG Pretzels * Peaches* Water PM:WG Pretzel Diced Peaches* Water	
	5 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	6 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	7 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	8 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	9 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	<div> ALLERGENS OR RELIGIOUS RESTRICTIONS: N = PEANUTS/ NUTS M = MILK </div>
	12 WG Saltine Crackers Peaches Water PM: WG Goldfish Crackers* Apples & Water	13 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	14 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	15 <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water PM: WG. Noodle Soup, Orange Slices & Water	16 <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 Fat Free Milk to children over age 2, and unflavored whole milk to children 1-2 yrs old. as required by CA state licensing regulations	19 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	20 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	21 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	22 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	23 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	<div> Did you know? We serve your child 4 to 5 servings of fruits or veggies each day?!? </div>
	26 WG Saltine Crackers Peaches Water PM: WG Goldfish Crackers* Apples & Water	27 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	28 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	29 <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water PM: WG. Noodle Soup, Orange Slices & Water	30 <u>AM:</u> WG Pretzels * Peaches* Water PM:WG Pretzel Diced Peaches* Water	Menus are subject to change with little notice due to unforeseen circumstances

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