



Mather Preschool Breakfast Menu

July, 2021




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

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Mather Preschool Lunch Menu

July, 2021




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

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Mather Preschool Snack Menu

July , 2021

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	28 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	29 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	30 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	7/1 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	2 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	
	5 	6 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	7 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	8 <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water <u>PM:</u> WG. Cereal Strawberry/Banana Smoothies & Water	9 <u>AM:</u> WG Pretzels * Peaches* Water <u>PM:</u> WG Pretzel Diced Peaches* Water	<div>ALLERGENS OR RELIGIOUS RESTRICTIONS: N = PEANUTS/ NUTS M = MILK</div>
As required by CA state licensing regulations, we serve unflavored milk only: whole fat to ages 1 - 2 years, and fat free to students age two and older.	12 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	13 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	14 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	15 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	16 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	Our canned fruits are packed in natural fruit juice—NO added sugar
	19 WG Saltine Crackers Peaches Water <u>PM:</u> WG Goldfish Crackers* Apples & Water	20 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	21 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	22 <u>AM:</u> WG Wheat Thins Crackers* Oranges*& Water <u>PM:</u> WG. Cereal Strawberry/Banana Smoothies & Water	23 <u>AM:</u> WG Pretzels * Peaches* Water <u>PM:</u> WG Pretzel Diced Peaches* Water	<div><u>Did you know?</u> We serve your child 4 to 5 servings of fruits or veggies <u>each</u> <u>day</u>?!?</div>
	26 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	27 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water	28 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	29 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water	30 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	Menus are subject to change with little notice due to unforeseen circumstances

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