




Mather Preschool Breakfast Menu

June, 2021


| | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|---|--|--|--|---|---|
| | 31 WG Pancakes ^{E,M} , Fruit Cocktail Milk | 6/1 WG (Baked) French Toast Sticks ^{E,M} Peaches Milk | 2 Whole Wheat Toast w/butter- ^M Applesauce Milk | 3 WG Biscuits ^M Diced Pears Milk | 4 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. |
| ALLERGENS OR RELIGIOUS RESTRICTIONS: E = EGG M = MILK | 7 WW English muffin Diced Pineapple Milk | 8 HM WG Oatmeal- Banana Chocolate Chip muffins Bananas Milk | 9 WG Waffles Oranges Milk | 10 Toasted WG Bagel w/butter- ^M Bananas Milk | 11 WG Cereal Diced peaches Milk | <i>Our canned fruits are packed in natural fruit juice— NO added sugar!</i> |
| | 14 WG Pancakes ^{E,M} , Fruit Cocktail Milk | 15 WG (Baked) French Toast Sticks ^{E,M} Peaches Milk | 16 Whole Wheat Toast w/butter- ^M Applesauce Milk | 17 WG Biscuits ^M Diced Pears Milk | 18 WG Cereal Bananas Milk | Whole Grain cereals offer Cheerios Rice Krispies Mini Wheats |
|  | 21 WW English muffin Diced Pineapple Milk | 22 HM WG Oatmeal- Banana Chocolate Chip muffins Bananas Milk | 23 WG Waffles Oranges Milk | 24 Toasted WG Bagel w/butter- ^M Bananas Milk | 25 WG Cereal Diced peaches Milk | <div>Did you know? We serve your child 4 to 5 servings of fruits or veggies <u>each</u> day?!? ☺ (Full-day programs)</div> |
| | 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 | Menus are subject to change with little notice due to unforeseen circumstances |
| | | | | | | |

“This institution is an equal opportunity provider”



Mather Preschool Lunch Menu

June, 2021

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|---|--|--|---|--|---|
| | 31 CLOSED | 5/1 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple* Milk | 2 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin* Watermelon Milk | 3 WG Bean & Cheese, Corn Tacos Mixed Greens Fresh Fruit* Milk | 4 Whole Wheat Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Fresh Fruit* Milk | *Ranch Dressing contains MILK! *“HM” means Homemade “WG” = Whole grain rich |
| | 7 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* Milk | 8 Whole Wheat Spaghetti w/ Meat Sauce ^C Green Beans Peaches* Milk | 9 Turkey Sandwich ^C w/Mixed Greens on Whole Wheat Bread Cantaloupe & Milk | 10 Hamburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk | 11 <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. | 14 Grilled Cheese ^M Sandwich on Whole Wheat Bread Strawberries Apple* Milk | 15 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple* Milk | 16 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin* Watermelon Milk | 17 WG Bean & Cheese, Corn Tacos Mixed Greens Fresh Fruit* Milk | 18 Whole Wheat Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Fresh Fruit* Milk | |
|  | 21 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* Milk | 22 Whole Wheat Spaghetti w/ Meat Sauce ^C Green Beans Peaches* Milk | 23 Turkey Sandwich ^C w/Mixed Greens on Whole Wheat Bread Cantaloupe & Milk | 24 Hamburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Fresh Fruit* & Milk | 25 <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) | 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 | |

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Mather Preschool Snack Menu

June , 2021

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|--|---|--|--|---|---|
| | 31 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water | 6/1 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water | 2 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water | 3 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water | 4 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water | |
| | 7 WG Saltine Crackers Peaches Water <u>PM:</u> WG Goldfish Crackers* Apples & Water | 8 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water | 9 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water | 10 <u>AM:</u> WG Wheat Thins Crackers* Oranges* & Water PM; WG. Cereal Strawberry/Banana Smoothies & Water | 11 <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. | 14 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water | 15 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Wheat Thins Orange wadges* Water | 16 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water | 17 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Cheese Quesadilla* Water | 18 <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 |
| HAPPY Father's DAY | 21 WG Saltine Crackers Peaches Water <u>PM:</u> WG Goldfish Crackers* Apples & Water | 22 <u>AM:</u> Bowl of WG Cereal & Milk ^M Water <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water | 23 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water | 24 <u>AM:</u> WG Wheat Thins Crackers* Oranges* & Water PM; WG. Cereal Strawberry/Banana Smoothies & Water | 25 <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> |
| | 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 | Menus are subject to change with little notice due to unforeseen circumstances |

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