



Mather Preschool Breakfast Menu

January, 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	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	31 Oatmeal w/Apple Chunks or WG cereal Diced Pears Milk	1/1/21 	We serve Fat Free Milk to children over age 2, as required by CA state licensing regulations
	4 WG Biscuits- ^M Diced Pineapple Milk	5 HM WG Oatmeal- Banana Chocolate Chip Bars Bananas Milk	6 WG Waffles Oranges Milk	7 Toasted WG Bagel w/butter- ^M Bananas Milk	8 WG Oatmeal W/ Raisins or WG Cereal Diced peaches Milk	Our canned fruits are packed in natural fruit juice— NO added sugar!
	11 WG Pancakes ^{E,M} Fruit Cocktail Milk	12 WG (Baked) French Toast Sticks ^{E,M} Peaches Milk	13 Whole Wheat Toast w/butter- ^M Applesauce Milk	14 Oatmeal w/Apple Chunks or WG cereal Diced Pears Milk	15 WG Pancakes Bananas Milk	Whole Grain cereals offer Cheerios Rice Krispies Mini Wheat (Choc) Raisin Bran
	18 	19 HM WG Oatmeal- Banana Chocolate Chip Bars Bananas Milk	20 WG Waffles Oranges Milk	21 Toasted WG Bagel w/butter- ^M Bananas Milk	22 WG Pancakes Bananas Milk	<div style="border: 1px solid black; padding: 5px;"> <p>Did you know? We serve your child 4 to 5 servings of fruits or veggies each day?!? ☺ (Full-day programs)</p> </div>
	25 WG Pancakes ^{E,M} Fruit Cocktail Milk	26 WG (Baked) French Toast Sticks ^{E,M} Peaches Milk	27 Whole Wheat Toast w/butter- ^M Applesauce Milk	28 Oatmeal w/Apple Chunks or WG cereal Diced Pears Milk	29 WG Pancakes Bananas Milk	See menu board for seasonal fruits & veggies list & Canned fruit choices Menus are subject to change with little notice due to unforeseen circumstances

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 fax: (202) 690-7442; or email: program.intake@usda.gov.



Mather Preschool Lunch Menu

January, 2021

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>*Ranch Dressing contains MILK! **"HM" means Homemade "WG" = Whole grain rich</p>	<p>28 Grilled Cheese^M Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk</p>	<p>29 HM Whole Wheat Mac & Cheese^{M,C}, Steamed Broccoli Florets Pineapple* Milk</p>	<p>30 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey^C&Cheese^{M*}), WG Corn Muffin* Alphabet-Veggie soup* Milk</p>	<p>31 WG Bean & Cheese Tacos Mixed Greens Fresh Fruit* Milk</p>	<p>1/1/21  HAPPY New Year</p>	
<p>We serve unflavored Fat Free Milk to children over age 2, as required by CA state licensing regs.</p>	<p>4 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Apples* Milk</p>	<p>5 Whole Wheat Spaghetti w/ Meat Sauce^C Green Beans Peaches* Milk</p>	<p>6 Turkey Sandwich^C w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk</p>	<p>7 Hamburger^B on a Whole Wheat Bun Baked Sweet Potato Fries Fresh Fruit* & Milk</p>	<p>8 Baked Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk</p>	<p>*Fresh Fruits and Veggies may change without notice. <u>This month's selections:</u> Broccoli, Oranges, Apples, Bananas,</p>
	<p>11 Grilled Cheese^M Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk</p>	<p>12 HM Whole Wheat Mac & Cheese^{M,C}, Steamed Broccoli Florets Pineapple* Milk</p>	<p>13 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey^C&Cheese^{M*}), WG Corn Muffin* Alphabet-Veggie soup* Milk</p>	<p>14 WG Bean & Cheese Tacos Mixed Greens Fresh Fruit* Milk</p>	<p>15 Whole Wheat Cheese Pizza^M, Spinach Salad w/ Ranch Dressing* Fresh Fruit* Milk</p>	
<p>*Crackers Choices this month 100% Whole Grain or WG enriched (50% or more): Wheat Thins – Graham Crackers - Ritz – Triscuit - Saltines</p>	<p>18 </p>	<p>19 Whole Wheat Spaghetti w/ Meat Sauce^C Green Beans Peaches* Milk</p>	<p>20 Turkey Sandwich^C w/Mixed Greens on Whole Wheat Bread Alphabet-Veggie * & Milk</p>	<p>21 Hamburger^B on a Whole Wheat Bun Baked Sweet Potato Fries Fresh Fruit* & Milk</p>	<p>22 Baked Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk</p>	<p>ALLERGENS OR RELIGIOUS RESTRICTIONS: E = EGG M = MILK B = BEEF F = FISH C = CHICKEN/ TURKEY</p>
<p>Did you know? We serve your child 4 to 5 servings of fruits or veggies each day?!? (Full-day programs)</p>	<p>25 Grilled Cheese^M Sandwich on Whole Wheat Bread Tomato Soup Apple* Milk</p>	<p>26 HM Whole Wheat Mac & Cheese^{M,C}, Steamed Broccoli Florets Pineapple* Milk</p>	<p>27 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey^C&Cheese^{M*}), WG Corn Muffin* Alphabet-Veggie soup* Milk</p>	<p>28 WG Bean & Cheese Tacos Mixed Greens Fresh Fruit* Milk</p>	<p>8 Baked Fish Shapes, Whole Wheat Pasta Peas & Carrots Diced Pineapple* Milk</p>	

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Mather Preschool Snack Menu

January, 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 <u>PM:</u> WG Wheat Thins Seasonal Fruit* Water	30 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	31 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Flour Chicken Quesadilla* Water	1/1/21 	
See lunch menu for seasonal fruits & veggies list & Canned fruit choices	4 <u>AM:</u> WG Saltine Crackers Peaches Water <u>PM:</u> WG Graham Crackers Apples & Water	5 <u>AM:</u> Bowl of WG Cereal & Milk ^M <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	6 <u>AM:</u> WG Goldfish Crackers Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	7 <u>AM:</u> WG Triscuit Crackers* Oranges*& Water <u>PM:</u> WG. Noodle Soup, Fresh Fruit & Water	8 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Pretzel Diced Peaches* Water	ALLERGENS OR RELIGIOUS RESTRICTIONS: N = PEANUTS/ NUTS M = MILK
	11 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	12 <u>AM:</u> Bowl of WG Cereal & Milk ^M <u>PM:</u> WG Wheat Thins Seasonal Fruit* Water	13 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	14 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Flour Chicken Quesadilla* Water	15 <u>AM:</u> WG Graham Crackers* Peaches* Water <u>PM:</u> WG Cereal* Vanilla Yogurt* &Water	
We serve unflavored Fat-Free Milk to children over age 2, as required by CA state licensing regs.	18 	19 <u>AM:</u> Bowl of WG Cereal & Milk ^M <u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip ^M , Water	20 <u>AM:</u> WG Goldfish Crackers* Diced Pineapple* <u>PM:</u> WG Ritz Crackers* Bananas* Water	21 <u>AM:</u> WG Triscuit Crackers* Oranges*& Water <u>PM:</u> WG. Noodle Soup, Fresh Fruit & Water	22 <u>AM:</u> WG Wheat Thins Crackers* Peaches* Water <u>PM:</u> WG Pretzel Diced Peaches* Water	Did you know? We serve your child <u>4 to 5</u> servings of fruits or veggies each day?!? (Full-day programs)
	25 <u>AM:</u> WG Triscuit Crackers Oranges & Water <u>PM:</u> WG Ritz Crackers Diced Pears & Water	26 <u>AM:</u> Bowl of WG Cereal & Milk ^M <u>PM:</u> WG Wheat Thins Seasonal Fruit* Water	27 <u>AM:</u> WG Saltines & Peanut Butter or Apples Water <u>PM:</u> Pretzels String Cheese ^M Water	28 <u>AM:</u> WG Goldfish Crackers* Apples* Water <u>PM:</u> WG Flour Chicken Quesadilla* Water	29 <u>AM:</u> WG Graham 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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