

Trinity
Lutheran
Preschool



Nov 7 - Nov 11,
2022

CACFP

Weekly Menu	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 3 components: Fruit or vegetable or both Grain or Meat Alternative Milk	Oatmeal Mixed fruit Milk	Pancakes Mandarin Oranges Milk	Yogurt Peaches Milk	Cereal Bananas Milk	Turkey Bacon Applesauce Milk
LUNCH 5 components Meat/ Meat Alternative Fruit Vegetable Grain Milk	WW Pasta W/ Hamburger Sauce Corn Tropical Fruit Milk	Grilled Turkey & Cheese WW Sandwich Cucumbers Pineapple Milk	Chicken Fried Steak W/ Gravy Carrots Blueberries Milk	Fish Sticks WW Crackers String Cheese Green Beans Apple Slices Milk	Popcorn Chicken WW Rolls Baked Beans Mangoes Milk
SNACK 2 of 4 components Milk Fruit Vegetable Grain	Animal Crackers Milk	Rice Cakes Milk	Wheat Thins Ranch Dip Milk	Graham Crackers Milk	Variety Milk

WW- whole wheat, HM- indicates homemade, IR- indicates in recipe, WGR- whole grain rich, SF- SugarFree, All milk served to participants is unflavored, all participants 2 years and over are served 1% milk and children under 2 years are served whole milk. Menu is subject to change upon availability of some products. *this institution is an equal opportunity provider*