

Little Praisers Meal and Snack Menu

Breakfast Menu #1				
M French Toast Sticks Pears Milk	T Blueberry Breakfast Bars Milk	W Pancakes Strawberries Milk	TH Cereal Mandarin Oranges Milk	F Muffins Applesauce Milk
AM/PM Snack Menu #1				
M AM- Bananas and Cereal PM- Cottage Cheese and Peaches	T AM- Turkey and Cheese Sliders PM- Animal Crackers and Apple Juice	W AM-Fruit Salad and Townhouse Crackers PM- Jelly Roll Up (Lavender Room- Yellow Room: Toast with jelly)	TH AM-Turkey Ham Cubes and Cheese Stick PM- Graham Crackers and Yogurt	F AM-Teddy Grahams and Peaches PM-Cheese Stick and Strawberries
Breakfast Menu #2				
M Toast Pineapple Milk	T Yogurt Strawberries Milk	W Bagels Pears Milk	TH Cereal Bananas Milk	F Nutrigrain Bar Applesauce Milk
AM/PM Snack Menu #2				
M AM-Blueberry Yogurt Bites PM-Animal Crackers and Mandarin Oranges	T AM- Goldfish Crackers and Cottage Cheese PM- Pretzels with Ranch	W AM- Soy Nut Butter and Jelly Squares (Lavender Room-Blue Room: Jelly Squares) PM-Townhouse Crackers and Cheese	TH AM-Blueberry Muffin and Pears PM- Fruit Salad Cones	F AM- Fruit Loop Cereal Bars and Banana PM-Cheese Quesadilla
Breakfast Menu #3				
M French Toast Sticks Pears Milk	T Blueberry Breakfast Bars Milk	W Pancakes Strawberries Milk	TH Cereal Mandarin Oranges Milk	F Muffins Applesauce Milk
AM/PM Snack Menu #3				
M AM-Bananas and Cereal PM- Cottage Cheese and Peaches	T AM- Turkey and Cheese Sliders PM- Animal Crackers and Apple Juice	W AM-Fruit Salad and Townhouse Crackers PM- Jelly Roll Up (Lavender Room- Yellow Room: Toast with jelly)	TH AM- Turkey Ham Cubes and Cheese Stick PM- Graham Crackers and Yogurt	F AM-Teddy Grahams and Peaches PM-Cheese Stick and Strawberries
Breakfast Menu #4				
M Toast Pineapple Milk	T Yogurt Strawberries Milk	W Bagels Pears Milk	TH Cereal Bananas Milk	F Nutrigrain Bars Applesauce Milk
AM/PM Snack Menu #4				
M AM-Blueberry Yogurt Bites PM-Animal Crackers and Mandarin Oranges	T AM-Goldfish Crackers and Cottage Cheese PM-Pretzels with Ranch	W AM-Soy Nut Butter and Jelly Squares (Lavender Room-Blue Room: Jelly Squares) PM-Townhouse Crackers and Cheese	TH AM-Blueberry Muffin and Pears PM-Fruit Salad Cones	F AM-Fruit Loop Cereal Bars and Banana PM-Cheese Quesadilla

All snacks served with water unless marked otherwise

January					February					March					April					May					June				
				1	1	2	3	4	5	1	2	3	4	5				1	2	3	4	5	6	7		1	2	3	4
4	5	6	7	8	8	9	10	11	12	8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11
11	12	13	14	15	15	16	17	18	19	15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18
18	19	20	21	22	22	23	24	25	26	22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25
25	26	27	28	29						29	30	31			26	27	28	29	30	31					28	29	30		
July					August					September					October					November					December				
			1	2	2	3	4	5	6			1	2	3					1	1	2	3	4	5			1	2	3
5	6	7	8	9	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
12	13	14	15	16	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
19	20	21	22	23	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24
26	27	28	29	30	30	31				27	28	29	30		25	26	27	28	29	29	30				27	28	29	30	31

Every day Little Praisers' children enjoy a healthy meal plan that meets guidelines set by the National School Lunch Program. We serve meals and snacks that follow a four-week cycle meal pattern that is designed to reflect the dietary guidelines set forth for Americans. Each lunch has a protein, fruit, vegetable, grain and milk.

The lunch meal pattern has 4-5 components and designed to provide one third of each child's recommended daily allowance of nutrients.

The breakfast meal pattern has 3-4 components and is designed to provide one fourth of each child's recommended daily allowance of nutrients.

Milk is included in all lunches and breakfast meals. If your child has an allergy, a substitution may be given when provided by the family.

Menu is subject to change per the cook's discretion based upon availability with our food distributor