



off Broadway  
PRESCHOOL  
*of fine arts*

**WEEK 1**

**Aug. 19-23, Sept. 9-13, 30-Oct. 4, Oct. 21-25, Nov. 11-15, Dec. 9-13, Jan. 13-17, Feb. 3-7, 24-28,**

**Mar. 17-21, Apr. 14-18, May 5-9**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>Morning Snack</b><br>1% milk<br>Whole Grain Cereal<br>Blueberries   | <b>Morning Snack</b><br>Whole wheat toast with<br>peanut butter<br>Apple Slices                        | <b>Morning Snack</b><br>Scrambled Eggs<br>Sweet Peppers   | <b>Morning Snack</b><br>Whole Grain Granola<br>Low-Fat Greek Yogurt<br>Bananas  | <b>Morning Snack</b><br>Whole Grain Waffles<br>with Almond Butter<br>Melon Chunks |
| <b>Lunch</b><br>1% milk<br>Grilled Cheese Sandwich<br>on WW Bread<br>Steamed Broccoli<br>Tomato soup<br>Kiwi | <b>Lunch</b><br>1% milk<br>Whole wheat pasta with<br>pesto and chicken<br>Roasted Cauliflower<br>Pears | <b>Lunch</b><br>1% Milk<br>Japanese Style Chicken<br>Meatballs<br>Brown Rice<br>Snap Peas<br>Grapes | <b>Lunch</b><br>1% milk<br>Grass-fed beef and bean<br>burritos in Whole Wheat<br>Tortillas<br>Baby Carrots<br>Peaches | <b>Lunch</b><br>1% milk<br>Pizza<br>Cucumber<br>apples                            |
| <b>Snack</b><br>Greek Yogurt Ranch Dip<br>Whole Grain Crackers<br>Tomatoes                                   | <b>Snack</b><br>String Cheese<br>oranges   | <b>Snack</b><br>Celery Sticks<br>Peanut Butter<br>Raisins   | <b>Snack</b><br>Veggie Pita Pizzas with<br>Whole Grain Pita Bread<br>Cream Cheese and<br>Veggies                      | <b>Snack</b><br>Baked tortilla chips<br>Carrots<br>Guacamole                      |