

TMC MSHS-EHS-HS Menu Toddler & Preschool Menu PY 2010-2011

Week One

Monday

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	BREAKFAST	LUNCH	AFTERNOON SNACK
Monday	Pancakes With Syrup Mandarin Oranges (C) Milk	Baked Chicken Corn Tortilla Zucchini Sliced Apples Milk	Fig Newton Fruit Smoothie (C)
TUESDAY	Migas with Corn Tortillas & Egg Diced Peaches (A) Milk	Ground Beef Lettuce & Tomato Banana Vermicelli (Fideo) Milk	String Cheese Cucumber w/ Ranch Dressing
WEDNESDAY	Oatmeal Tropical Fruit (C) Milk	Chicken & Brown Rice Green Beans Apricot Halves (A) Milk	Vanilla Yogurt Berries Mix (C)
THURSDAY	Potato & Egg Corn Tortilla Strawberries (C) Milk	Steak Fingers Sweet Potato Fries (A) Watermelon Buttered Noodles Milk	Gold Fish Crackers Applesauce (C)
FRIDAY	Cheerios Blueberries (C) Milk	Cheese Quesadilla with Whole Wheat Flour Tortillas Vegetable Soup w/ Navy Beans Fruit Cocktail (A) Milk	Mini Pancakes Milk

FOODS WITH VITAMIN C (C); VITAMIN A (A); FIBER (F)

"THE USDA AND THE STATE OF TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

NOTE: Children ages 12 to 24 months are served whole milk; children 25 months and older are served low fat milk (1 or 2%).

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WEEK TWO

Monday

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	BREAKFAST	LUNCH	AFTERNOON SNACK
Monday	Bean & Cheese (F) Corn Tortillas Cantaloupe (A,C) Milk	Chicken & Brown Rice Green Beans Banana Milk	Vanilla Wafers Berry Mix Ice Cream
Tuesday	Biscuit & Gravy Watermelon (C) Milk	Beef Stew with Fideo Corn Apricots Milk	Teddy Grahams Fruit Smoothie
Wednesday	Egg Whole Wheat Toast Strawberries (C) Milk	Chili wit Beans Carrots Diced Pears Cornbread Milk	Cheese Stick Cucumbers with Salad Dressing
Thursday	Rice Chex Peaches (A) Toast with Butter Milk	Grilled Chicken Patty with Gravy Tomato & Garbanzo Bean Salad With Dressing Applesauce Whole Wheat Bun Milk	Fruited Yogurt Strawberries
Friday	Waffle Sticks Syrup Pineapple Tidbits (C) Milk	Cheese Pizza Lettuce & Tomato or Mixed Veggies Seasonal Fruit Milk	Cinnamon Sticks Juice Pudding

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WEEK THREE

Monday

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	BREAKFAST	LUNCH	AFTERNOON SNACK
Monday	French Toast with Syrup Strawberries (C) Milk	Ground Beef Peas & Carrots Cantaloupe (A) Whole Wheat Pasta Shells Milk	Pretzel with Cheese Sauce Apple Slices
TUESDAY	Bean & Egg Taco Flour Tortilla Seasonal Fruit Milk	Mini Chicken Burger Potato Wedges Watermelon (Mini Bun) Milk	Animal Crackers Pineapple Juice (C)
WEDNESDAY	Rice Chex Apple Slices Cheese Toast Milk	Beef Stew Carrots (A) Orange Slices (C) Brown Rice Milk	Fig Newton Banana Milk
THURSDAY	Migas with Corn Tortilla & Egg Mandarin Oranges (C) Milk	Grilled Chicken Patty Pinto Beans Seasonal Fruit Whole Wheat Bun Milk	Apple Frudel Milk
FRIDAY	Cream of Wheat Peaches (A) Toast with Jelly Milk	Cheese Enchilada Squash Fruit Salad Milk	Peanut Butter & Jelly Sandwich Or Cheese Sandwich Milk

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WEEK FOUR
Monday

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST	LUNCH	AFTERNOON SNACK
Whole Wheat Toast Honey Dew (A) Egg Milk	Turkey Parmesan w/ Marinara Sauce Carrots (A) Plums (A) Whole Wheat Spaghetti Whole Wheat Toast Milk	Rice Pudding Juice
Cheerios Seasonal Fruit (C) Cheese Toast Milk	Meat Loaf Mashed Potato Broccoli Whole Wheat Roll Milk	Animal Crackers Fruit Smoothie
English Muffin Canadian Bacon Pineapple Tidbits (C) Milk	BBQ Chicken Thighs Cole Slaw Watermelon Corn Bread Milk	String Cheese Cucumber with Ranch Dressing
Oatmeal Peaches Toast with Butter Milk	Hamburger on Whole Wheat Bun Potato Wedges Diced Pears with Jell-O Milk	Cinnamon Teddy Grahams Applesauce (C)
Waffle Sticks With Syrup Tropical Fruit Milk	Cheesy Macaroni Peas & Carrots Fresh Fruit Milk	Blueberry Muffin Banana Milk

FOODS WITH VITAMIN C (C); VITAMIN A (A); FIBER (F)

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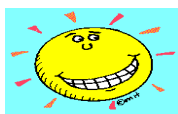
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FESTIVAL

Fall
Festival

Summer Festival



Winter
Festival



Spring Festival



End- of - Year Festival





BREAKFAST	LUNCH	AFTERNOON SNACK
Canned Fruit Cold Cereal Milk	Roast Turkey Sweet Potatoes (A) Green Beans Whole Wheat Roll (F) Stuffing Milk Pumpkin Pie (A)	Crackers Fruit Juice
Canned Fruit Cold Cereal Milk	Beef Brisket Carrot sticks Watermelon (C) Macaroni Salad Milk	Crackers Fruit Juice
Canned Fruit Cold Cereal Milk	Tamales: Pork or Chicken Pinto Beans (F) Tropical Fruit Mexican Rice Milk	Crackers Fruit Juice
Canned Fruit Cold Cereal Milk	Chicken Stew Pinto Beans (F) Fruits Cocktail Mexican rice Milk	Crackers Fruit Juice
Canned Fruit Cold Cereal Milk	Chicken Fajitas Black Beans (F) Watermelon Tortillas Milk	Crackers Fruit Juice

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	BREAKFAST	LUNCH	AFTERNOON SNACK
Emergency	Canned Fruit Cold Cereal Milk	Canned Meat Canned Vegetable Canned Fruit WW Bread Milk	Crackers Fruit Juice
Emergency	Canned Fruit Cold Cereal Milk	Canned Meat Canned Vegetable Canned Fruit WW Bread Milk	Crackers Fruit Juice
Emergency	Canned Fruit Cold Cereal Milk	Canned Meat Canned Vegetable Canned Fruit WW Bread Milk	Crackers Fruit Juice
Field Trip 	Canned Fruit Cold Cereal Milk	Sliced Ham Carrots sticks (A) Fruit with Jell-o Whole Wheat Bread Milk	Crackers Fruit Juice
Field Trip 	Canned Fruit Cold Cereal Milk	Sliced Turkey Celery sticks Fruited Jell-o-cup Whole Wheat Bread Milk	Crackers Fruit Juice

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Rev 3/1/2011

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Dental Soft

BREAKFAST	LUNCH	AFTERNOON SNACK
Soft Bananas Oatmeal Milk	American cheese Cooked Carrots Diced Pears No Crust White Bread Milk	Non-Citrus Fruit Yogurt Non-Citrus Fruit Juice

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