



TUFENKIAN PRE-SCHOOL 2008-2009 MENU

	DAY	BREAKFAST Preschool 8:30-9:00 A.M. Kindergarten 9:00-9:30 A.M.	LUNCH Preschool 11:30-12:00 A.M. Kindergarten 12:10 - 1:00 P.M.	P.M. SNACK 2:30 P.M.
Menu Week 1	Monday	Cereal Milk - Fresh Fruits	Chicken Patties-Tomatoes - Lettuce Milk - Garden Salad	Graham Crackers & Milk
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Karmir Pilaf Milk - Bread	Crackers & Sliced Peaches
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Chicken & White Bean Stew (With Celery & Carrots) Bread - Milk	Vegetables & Yogurt
	Thursday	Cream Cheese Sandwich Milk - Fresh Fruits	Green Bean Stew & Rice Milk - Bread	Cheese & Crackers
	Friday	Cereal Milk - Fresh Fruits	Pizza Milk - Garden Salad	Fresh Fruits & Crackers
Menu Week 2	Monday	Cereal Milk - Fresh Fruits	Chicken Nuggets & Mashed Potatoes- Milk - Vegetables	Cheese & Crackers
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Macaroni Milk - Garden Salad	Vegetables & Yogurt
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Rice with Noodles & Chicken Milk - Garden Salad	Cereal & Juice/ Milk
	Thursday	Cream Cheese Sandwich Milk - Fresh Fruits	Yogurt Soup & Cold Cuts Sandwich Milk - Lettuce & Tomatoes	Fresh Fruits & Crackers
	Friday	Cereal Milk - Fresh Fruits	Soft Tacos (Cheese, lettuce & Salsa) Milk -	Animal Crackers Milk
Menu Week 3	Monday	Cereal Milk - Fresh Fruits	Karmir Pilaf Milk - Garden Salad	Crackers & Sliced Peaches
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Chicken Salad Sand. /Mac. & Cheese Milk - Tomatoes & Lettuce (Alt. Month.)	Graham Crackers & Milk
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Vegetable Soup Milk - Bread	Vegetables & Yogurt
	Thursday	Cream Cheese Sandwich Milk - Fresh Fruits	Chicken Kabob & Rice Milk - Garden Salad	Animal Crackers & Milk
	Friday	Cereal Milk - Fresh Fruits	Pizza Milk - Garden Salad / Vegetables	Fresh Fruits & Cheese
Menu Week 4	Monday	Cereal Milk - Fresh Fruits	Chicken Soup W/Noodles & Vegetables Milk - Bread	Fresh Fruits & Crackers
	Tuesday	Cheese & Crackers Milk - Fresh Fruits	Macaroni Milk - Garden Salad	Vegetables & Yogurt
	Wednesday	Egg Sandwich Milk - Fresh Fruits	Beef Stew (Potatoes- Carrots- Peas) Milk - Bread	Cheese & Crackers
	Thursday	Cream Cheese Sandwich Milk - Fresh Fruits	Chicken Bulgur Pilav Milk - Garden Salad	Cereal & Juice
	Friday	Cereal Milk - Fresh Fruits	Soft Tacos (Cheese, lettuce & Salsa) Milk -	Animal Crackers & Milk