

Breakfast Palmetto Preschool-2022-January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Toast Fruit Milk	4 Cereal Fruit Milk	5 Waffles Sticks Fruit Milk	6 Cereal Bar Fruit Milk	7 Blueberry Muffin Fruit Milk	8
9	10 Biscuit Fruit Milk	11 Cereal Fruit Milk	12 Pancakes Fruit Milk	13 English Muffin Fruit Milk	14 Cereal Bar Fruit Milk	15
16	17 English Muffin Fruit Milk	18 Cereal Fruit Milk	19 French Toast Sticks Fruit Milk	20 Toast Fruit Milk	21 Bagel Fruit Milk	22
23	24 Toast Fruit Milk	25 Cereal Fruit Milk	26 Waffles Sticks Fruit Milk	27 Cereal Bar Fruit Milk	28 Blueberry Muffin Fruit Milk	29
30	31 Biscuit Fruit Milk					

- Each meal and snack as planned on this menu meets the component requirements according to the USDA Child Care Food Program Guide Lines.
- Menu subject to availability
- Only unflavored whole milk is served to children under 2 years old.
- Only unflavored skim or 1% milk is served to children that are 2 years old and above.
- Sugar sweetened beverages shall not be served.
- Sweet foods are served no more than two times per week.

Lunch Palmetto Preschool-2022-January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	4 Chicken Sandwich Lima Beans Mixed Fruit Milk	5 Macaroni and Beef Green Beans Mandarin Oranges Milk	6 Chicken Quesadilla Corn Pears Milk	7 Pizza Mixed Veggies Applesauce Milk	8
9	10 Corn Dog Nuggets Green Beans Peaches Milk	11 Grilled Cheese Mixed Veggies Applesauce Milk	12 Spaghetti Corn Pears Milk	13 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	14 Meatloaf Mashed Potatoes Mixed Fruit Milk	15
16	17 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	18 Chicken Nuggets French Fries Pears Milk	19 Mac - n - cheese Carrots w/Ranch Peaches Milk	20 Beef Tacos Corn Applesauce Milk	21 Pizza Quesadilla Green Beans Pineapple Milk	22
23	24 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	25 Chicken Sandwich Lima Beans Mixed Fruit Milk	26 Macaroni and Beef Green Beans Mandarin Oranges Milk	27 Chicken Quesadilla Corn Pears Milk	28 Pizza Mixed Veggies Applesauce Milk	29
30	31 Corn Dog Nuggets Green Beans Peaches Milk					

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Snack Palmetto Preschool-2022-January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Cereal Bar Yogurt	4 Cheese Stick Fruit	5 Graham Crackers Fruit	6 Vanilla Wafers Pudding	7 Crackers Cheese	8
9	10 Cucumbers Cheese Stick	11 Pretzels Cheese Cubes	12 Carrots w/ Ranch Crackers	13 Cheese Stick Fruit	14 Goldfish Fruit	15
16	17 Cheerios Yogurt	18 Crackers Cheese	19 Animal Crackers Fruit	20 Goldfish Fruit	21 Pretzels Cheese Cubes	22
23	24 Cereal Bar Yogurt	25 Cheese Stick Fruit	26 Graham Crackers Fruit	27 Vanilla Wafers Pudding	28 Crackers Cheese	29
30	31 Cucumbers Cheese Stick					

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Breakfast Palmetto Preschool-2022-February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Cereal Fruit Milk	2 Pancakes Fruit Milk	3 English Muffin Fruit Milk	4 CLOSED	5
6	7 Biscuit Fruit Milk	8 Cereal Fruit Milk	9 French Toast Sticks Fruit Milk	10 Toast Fruit Milk	11 Bagel Fruit Milk	12
13	14 Toast Fruit Milk	15 Cereal Fruit Milk	16 Waffles Sticks Fruit Milk	17 Cereal Bar Fruit Milk	18 Blueberry Muffin Fruit Milk	19
20	21 CLOSED	22 Cereal Fruit Milk	23 Pancakes Fruit Milk	24 English Muffin Fruit Milk	25 Cereal Bar Fruit Milk	26
27	28 Biscuit Fruit Milk					

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Lunch Palmetto Preschool-2022-February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Grilled Cheese Mixed Veggies Applesauce Milk	2 Spaghetti Corn Pears Milk	3 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	4 CLOSED	5
6	7 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	8 Chicken Nuggets French Fries Peas Milk	9 Mac - n - cheese Carrots w/Ranch Peaches Milk	10 Beef Tacos Corn Applesauce Milk	11 Pizza Quesadilla Green Beans Pineapple Milk	12
13	14 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	15 Chicken Sandwich Lima Beans Mixed Fruit Milk	16 Macaroni and Beef Green Beans Mandarin Oranges Milk	17 Chicken Quesadilla Corn Pears Milk	18 Pizza Mixed Veggies Applesauce Milk	19
20	21 CLOSED	22 Grilled Cheese Mixed Veggies Applesauce Milk	23 Spaghetti Corn Pears Milk	24 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	25 Meatloaf Mashed Potatoes Mixed Fruit Milk	26
27	28 Beef Ravioli Mixed Veggies Mandarin Oranges Milk					

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Snack Palmetto Preschool-2022-February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pretzels Cheese Cubes	2 Carrots w/ Ranch Crackers	3 Cheese Stick Fruit	4 CLOSED	5
6	7 Cheerios Yogurt	8 Crackers Cheese	9 Animal Crackers Fruit	10 Goldfish Fruit	11 Pretzels Cheese Cubes	12
13	14 Cereal Bar Yogurt	15 Cheese Stick Fruit	16 Graham Crackers Fruit	17 Vanilla Wafers Pudding	18 Crackers Cheese	19
20	21 CLOSED	22 Pretzels Cheese Cubes	23 Carrots w/ Ranch Crackers	24 Cheese Stick Fruit	25 Goldfish Fruit	26
27	28 Cheerios Yogurt					

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Breakfast Palmetto Preschool-2022-March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Cereal Fruit Milk	2 French Toast Sticks Fruit Milk	3 Toast Fruit Milk	4 Bagel Fruit Milk	5
6	7 Toast Fruit Milk	8 Cereal Fruit Milk	9 Waffles Sticks Fruit Milk	10 Cereal Bar Fruit Milk	11 Blueberry Muffin Fruit Milk	12
13	14 English Muffin Fruit Milk	15 Cereal Fruit Milk	16 Pancakes Fruit Milk	17 English Muffin Fruit Milk	18 Cereal Bar Fruit Milk	19
20	21 Biscuit Fruit Milk	22 Cereal Fruit Milk	23 French Toast Sticks Fruit Milk	24 Toast Fruit Milk	25 Bagel Fruit Milk	26
27	28 Toast Fruit Milk	29 Cereal Fruit Milk	30 Waffles Sticks Fruit Milk	31 Cereal Bar Fruit Milk		

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Lunch Palmetto Preschool-2022-March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chicken Nuggets French Fries Pears Milk	2 Mac - n- cheese Carrots w/Ranch Peaches Milk	3 Beef Tacos Corn Applesauce Milk	4 Pizza Quesadilla Green Beans Pineapple Milk	5
6	7 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	8 Chicken Sandwich Lima Beans Mixed Fruit Milk	9 Macaroni and Beef Green Beans Mandarin Oranges Milk	10 Chicken Quesadilla Corn Pears Milk	11 Pizza Mixed Vegles Applesauce Milk	12
13	14 Corn Dog Nuggets Green Beans Peaches Milk	15 Grilled Cheese Mixed Vegies Applesauce Milk	16 Spaghetti Corn Pears Milk	17 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	18 Meatloaf Mashed Potatoes Mixed Fruit Milk	19
20	21 Beef Ravioli Mixed Vegies Mandarin Oranges Milk	22 Chicken Nuggets French Fries Pears Milk	23 Mac - n- cheese Carrots w/Ranch Peaches Milk	24 Beef Tacos Corn Applesauce Milk	25 Pizza Quesadilla Green Beans Pineapple Milk	26
27	28 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	29 Chicken Sandwich Lima Beans Mixed Fruit Milk	30 Macaroni and Beef Green Beans Mandarin Oranges Milk	31 Chicken Quesadilla Corn Pears Milk		

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Snack Palmetto Preschool-2022-March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Crackers Cheese	2 Animal Crackers Fruit	3 Goldfish Fruit	4 Pretzels Cheese Cubes	5
6 Cereal Bar Yogurt	7 Cereal Bar Yogurt	8 Cheese Stick Fruit	9 Graham Crackers Fruit	10 Vanilla Wafers Pudding	11 Crackers Cheese	12
13 Cucumbers Cheese Stick	14 Cucumbers Cheese Stick	15 Pretzels Cheese Cubes	16 Carrots w/ Ranch Crackers	17 Cheese Stick Fruit	18 Goldfish Fruit	19
20 Cheerios Yogurt	21 Cheerios Yogurt	22 Crackers Cheese	23 Animal Crackers Fruit	24 Goldfish Fruit	25 Pretzels Cheese Cubes	26
27 Cereal Bar Yogurt	28 Cereal Bar Yogurt	29 Cheese Stick Fruit	30 Graham Crackers Fruit	31 Vanilla Wafers Pudding		

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Breakfast Palmetto Preschool-2022-April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Blueberry Muffin Fruit Milk	2
3	4 English Muffin Fruit Milk	5 Cereal Fruit Milk	6 Pancakes Fruit Milk	7 English Muffin Fruit Milk	8 Cereal Bar Fruit Milk	9
10	11 Biscuit Fruit Milk	12 Cereal Fruit Milk	13 French Toast Fruit Milk	14 Toast Fruit Milk	15 CLOSED	16
17	18 Toast Fruit Milk	19 Cereal Fruit Milk	20 Waffles Fruit Milk	21 Cereal Bar Fruit Milk	22 Blueberry Muffin Fruit Milk	23
24	25 English Muffin Fruit Milk	26 Cereal Fruit Milk	27 Pancakes Fruit Milk	28 English Muffin Fruit Milk	29 Cereal Bar Fruit Milk	30

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Lunch Palmetto Preschool-2022-April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pizza Mixed Veggies Applesauce Milk	2
3	4 Corn Dog Nuggets Green Beans Peaches Milk	5 Grilled Cheese Mixed Veggies Applesauce Milk	6 Spaghetti Corn Pears Milk	7 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	8 Meatloaf Mashed Potatoes Mixed Fruit Milk	9
10	11 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	12 Chicken Nuggets French Fries Peas Milk	13 Mac - n- cheese Carrots w/Ranch Peaches Milk	14 Beef Tacos Corn Applesauce Milk	15 CLOSED	16
17	18 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	19 Chicken Sandwich Lima Beans Mixed Fruit Milk	20 Macaroni and Beef Green Beans Mandarin Oranges Milk	21 Chicken Quesadilla Corn Pears Milk	22 Pizza Mixed Veggies Applesauce Milk	23
24	25 Corn Dog Nuggets Green Beans Peaches Milk	26 Grilled Cheese Mixed Veggies Applesauce Milk	27 Spaghetti Corn Pears Milk	28 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	29 Meatloaf Mashed Potatoes Mixed Fruit Milk	30

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Snack Palmetto Preschool-2022-April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Crackers Cheese	2
3	4 Cucumbers Cheese Stick	5 Pretzels Cheese Cubes	6 Carrots w/ Ranch Crackers	7 Cheese Stick Fruit	8 Goldfish Fruit	9
10	11 Cheerios Yogurt	12 Crackers Cheese	13 Animal Crackers Fruit	14 Goldfish Fruit	15 CLOSED	16
17	18 Cereal Bar Yogurt	19 Cheese Stick Fruit	20 Graham Crackers Fruit	21 Vanilla Wafers Pudding	22 Crackers Cheese	23
24	25 Cucumbers Cheese Stick	26 Pretzels Cheese Cubes	27 Carrots w/ Ranch Crackers	28 Cheese Stick Fruit	29 Goldfish Fruit	30

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Breakfast Palmetto Preschool-2022-May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Biscuit Fruit Milk	3 Cereal Fruit Milk	4 French Toast Sticks Fruit Milk	5 Toast Fruit Milk	6 Bagel Fruit Milk	7
8	9 Toast Fruit Milk	10 Cereal Fruit Milk	11 Waffles Sticks Fruit Milk	12 Cereal Bar Fruit Milk	13 Blueberry Muffin Fruit Milk	14
15	16 English Muffin Fruit Milk	17 Cereal Fruit Milk	18 Pancakes Fruit Milk	19 English Muffin Fruit Milk	20 Cereal Bar Fruit Milk	21
22	23 Biscuit Fruit Milk	24 Cereal Fruit Milk	25 French Toast Sticks Fruit Milk	26 Toast Fruit Milk	27 Bagel Fruit Milk	28
29	30 CLOSED	31 Cereal Fruit Milk				

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Lunch Palmetto Preschool-2022-May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	3 Chicken Nuggets French Fries Pears Milk	4 Mac - n- cheese Carrots w/Ranch Peaches Milk	5 Beef Tacos Corn Applesauce Milk	6 Pizza Quesadilla Green Beans Pineapple Milk	7
8	9 Turkey & Cheese Wrap Cooked Carrots Pineapple Milk	10 Chicken Sandwich Lima Beans Mixed Fruit Milk	11 Macaroni and Beef Green Beans Mandarin Oranges Milk	12 Chicken Quesadilla Corn Pears Milk	13 Pizza Mixed Veggies Applesauce Milk	14
15	16 Corn Dog Nuggets Green Beans Peaches Milk	17 Grilled Cheese Mixed Veggies Applesauce Milk	18 Spaghetti Corn Pears Milk	19 Cheeseburger Tator Tots Cucumbers w/ Ranch Milk	20 Meatloaf Mashed Potatoes Mixed Fruit Milk	21
22	23 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	24 Chicken Nuggets French Fries Pears Milk	25 Mac - n- cheese Carrots w/Ranch Peaches Milk	26 Beef Tacos Corn Applesauce Milk	27 Pizza Quesadilla Green Beans Pineapple Milk	28
29	30 CLOSED	31 Chicken Sandwich Lima Beans Mixed Fruit Milk				

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Snack Palmetto Preschool-2022-May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cheerios Yogurt	3 Crackers Cheese	4 Animal Crackers Fruit	5 Goldfish Fruit	6 Pretzels Cheese Cubes	7
8	9 Cereal Bar Yogurt	10 Cheese Stick Fruit	11 Graham Crackers Fruit	12 Vanilla Wafers Pudding	13 Crackers Cheese	14
15	16 Cucumbers Cheese Stick	17 Pretzels Cheese Cubes	18 Carrots w/ Ranch Crackers	19 Cheese Stick Fruit	20 Goldfish Fruit	21
22	23 Cheerios Yogurt	24 Crackers Cheese	25 Animal Crackers Fruit	26 Goldfish Fruit	27 Pretzels Cheese Cubes	28
29	30 CLOSED	31 Cheese Stick Fruit				

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