

Breakfast Palmetto Preschool-2022-September

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

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

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Snack Palmetto Preschool-2022-September

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

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Breakfast Palmetto Preschool-2022-October

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 English Muffin Fruit Milk	11 Cereal Fruit Milk	12 Pancakes Fruit Milk	13 English Muffin Fruit Milk	14 Cereal Bar Fruit Milk	15
16	17 Biscuit 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 English Muffin Fruit Milk					

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Lunch Palmetto Preschool-2022-October

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 Tater Tots Cucumbers w/ Ranch Milk	14 BBQ Chicken Sandwich Mashed Potatoes Mixed Fruit Milk	15
16	17 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	18 Chicken Nuggets French Fries Peas 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-October

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-November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Cereal Fruit Milk	2 Pancakes Fruit Milk	3 English Muffin Fruit Milk	4 Cereal Bar Fruit Milk	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 English Muffin Fruit Milk	22 Cereal Fruit Milk	23 CLOSED	24 CLOSED	25 CLOSED	26
27	28 Biscuit Fruit Milk	29 Cereal Fruit Milk	30 French Toast Sticks Fruit Milk			

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Lunch Palmetto Preschool-2022-November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Grilled Cheese Mixed Veggies Applesauce Milk	2 Spaghetti Corn Pears Milk	3 Cheeseburger Tater Tots Cucumbers w/ Ranch Milk	4 BBQ Chicken Sandwich Mashed Potatoes Mixed Fruit Milk	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 Corn Dog Nuggets Green Beans Peaches Milk	22 Turkey Mashed Potatoes Green Beans Milk	23 CLOSED	24 CLOSED	25 CLOSED	26
27	28 Beef Ravioli Mixed Veggies Mandarin Oranges Milk	29 Chicken Nuggets French Fries Peas Milk	30 Mac – n- cheese Carrots w/Ranch Peaches Milk			

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Snack Palmetto Preschool-2022-November

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

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