

Breakfast Palmetto Preschool-2023-February

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

- Each meal and snacks as planned on this menu meets the nutritional requirements according to the USDA Child Care Food Program Guide Lines.
- Menu subject to availability
- Only skim or 1% milk is served to children that are 2 and above.
- Sugar sweetened beverages shall not be served.

Breakfast Palmetto Preschool-2023-March

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

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- Sugar sweetened beverages shall not be served.

Breakfast Palmetto Preschool-2023-April

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

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- Sugar sweetened beverages shall not be served.

Breakfast Palmetto Preschool-2023-May

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

- Each meal and snacks as planned on this menu meets the nutritional requirements according to the USDA Child Care Food Program Guide Lines.
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Lunch Palmetto Preschool-2023-February

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

- 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-2023-March

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

- 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
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- Sweet foods are served no more than two times per week.

Lunch Palmetto Preschool-2023-April

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

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- Sweet foods are served no more than two times per week.

Lunch Palmetto Preschool-2023-May

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

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Snack Palmetto Preschool-2023-February

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

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Snack Palmetto Preschool-2023-March

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

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- Sugar sweetened beverages shall not be served.

Snack Palmetto Preschool-2023-April

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

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Snack Palmetto Preschool-2023-May

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

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