



Mather Preschool Breakfast Menu

June, 2022




	Mon	Tue	Wed	Thu	Fri	Sat
	30 	31 WG (Baked) French Toast sticks ^M Peaches Milk	6/1 Whole Wheat Toast w/butter ^M Applesauce Milk	2 WG Biscuits ^M Diced Pears Milk	3 WG Cereal Bananas Milk	
	6 WW English muffin Diced Pineapple Milk	7 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	8 WG Waffles Oranges Milk	9 Toasted WG Bagel w/butter ^M Applesauce Milk	10 WG Cereal Diced peaches Milk	As required by CA state licensing regulations, we serve unflavored milk only: whole fat to ages 1-2 years and fat-free to students age two and older.
<u>ALLERGENS OR RELIGIOUS RESTRICTION:</u> E = EGG M = MILK	13 WG Blueberry muffin ^{E, M} Fruit Cocktail Milk	14 WG (Baked) French Toast sticks ^M Peaches Milk	15 Whole Wheat Toast w/butter ^M Applesauce Milk	16 WG Biscuits ^M Diced Pears Milk	17 WG Cereal Bananas Milk	<i>Our canned fruits are packed in natural fruit juice—NO added sugar!</i>
	20 WW English muffin Diced Pineapple Milk	21 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	22 WG Waffles Oranges Milk	23 Toasted WG Bagel w/butter ^M Applesauce Milk	24 WG Cereal Diced peaches Milk	<u>Whole Grain cereals offered</u> Cheerios Rice Krispies Mini-Wheats
Did you know? We serve your child 4 to 5 servings of fruits or veggies each day?!? ☺ (Full-day programs)	27 WG Blueberry muffin ^{E, M} Fruit Cocktail Milk	28 WG (Baked) French Toast sticks ^M Peaches Milk	29 Whole Wheat Toast w/butter ^M Applesauce Milk	30 WG Biscuits ^M Diced Pears Milk	7/1 WG Cereal Bananas Milk	Menus are subject to change with little notice due to unforeseen circumstances

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Mather Preschool Lunch Menu

June, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
As required by CA state licensing regulations, we serve unflavored milk only: whole fat to ages 1 - 2 years, and fat free to students age two and older	30 	31 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple Milk	6/1 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin Cucumber or Fruit Milk	2 Beef & Cheese Tacos ^B W/Whole Grain shells Mixed Green Salad Oranges Milk	3 Whole Grain Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Bananas Milk	
	6 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	7 Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	8 Turkey Sandwich ^C w/Mixed Greens + Whole Wheat Bread Raisins Orange Milk	9 Cheeseburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	10 Baked Fish sticks ^F Whole Wheat Pasta Peas & Carrots Diced Pineapple Milk	*Ranch Dressing contains MILK! **"HM" means Homemade "WG"=Whole grain rich
	13 Grilled Cheese ^M Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	14 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple Milk	15 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin Cucumber or Fruit Milk	16 Beef & Cheese Tacos ^B W/Whole Grain shells Mixed Green Salad Oranges Milk	17 Whole Grain Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Bananas Milk	
	20 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	21 Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	22 Turkey Sandwich ^C w/Mixed Greens + Whole Wheat Bread Raisins Orange Milk	23 Cheeseburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	24 Baked Fish sticks ^F Whole Wheat Pasta Peas & Carrots Diced Pineapple Milk	<u>ALLERGENS OR RELIGIOUS RESTRICTIONS:</u> E = EGG M = MILK B = BEEF F = FISH C = CHICKEN/ TURKEY
Did you know? We serve your child 4 to 5 servings of fruits or veggies each day?!? (Full-day programs)	27 Grilled Cheese ^M Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	28 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple Milk	29 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin Cucumber or Fruit Milk	30 Beef & Cheese Tacos ^B W/Whole Grain shells Mixed Green Salad Oranges Milk	7/1 Whole Grain Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Bananas Milk	

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Mather Preschool Snack Menu

June, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>30</p> 	<p>31</p> <p><u>AM:</u> Bowl of WG Cereal & Milk^M Water</p> <p><u>PM:</u> WG Wheat Thins Orange wedges Water</p>	<p>6/1</p> <p><u>AM:</u> WG Saltines & Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese^M Water</p>	<p>2</p> <p><u>AM:</u> WG Goldfish Cracker^M Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla^M Water</p>	<p>3</p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt^M &Water</p>	
	<p>6</p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u>WG Goldfish Crackers^M Apples & Water</p>	<p>7</p> <p><u>AM:</u> Bowl of WG Cereal & Milk^M Water</p> <p><u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip^M, Water</p>	<p>8</p> <p><u>AM:</u> WG Goldfish Crackers^M Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas Water</p>	<p>9</p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges & Water</p> <p><u>PM:</u> WG. Cereal Strawberry/Banana Smoothies & Water</p>	<p>10</p> <p><u>AM:</u> WG Graham crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits^M Diced Peaches Water</p>	<div style="border: 1px solid black; padding: 5px;"> <p><u>ALLERGENS OR RELIGIOUS RESTRICTIONS:</u></p> <p>N = PEANUTS/ NUTS M = MILK</p> </div>
<p>As required by CA state licensing regulations, we serve unflavored milk only: whole fat to ages 1-2 years and fat-free to students age two and older</p>	<p>13</p> <p><u>AM:</u> WG Triscuit Crackers Oranges & Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears & Water</p>	<p>14</p> <p><u>AM:</u> Bowl of WG Cereal & Milk^M Water</p> <p><u>PM:</u> WG Wheat Thins Orange wedges Water</p>	<p>15</p> <p><u>AM:</u> WG Saltines & Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese^M Water</p>	<p>16</p> <p><u>AM:</u> WG Goldfish Crackers^M Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla^M Water</p>	<p>17</p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt^M &Water</p>	<p>Our canned fruits are packed in natural fruit juice— NO added sugar</p>
	<p>20</p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u> WG Goldfish Crackers^M Apples & Water</p>	<p>21</p> <p><u>AM:</u> Bowl of WG Cereal & Milk^M Water</p> <p><u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip^M, Water</p>	<p>22</p> <p><u>AM:</u> WG Goldfish Crackers^M Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas Water</p>	<p>23</p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges & Water</p> <p><u>PM:</u> WG. Cereal Strawberry/Banana Smoothies & Water</p>	<p>24</p> <p><u>AM:</u> WG Graham crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits^M Diced Peaches Water</p>	<div style="border: 1px solid black; padding: 5px;"> <p><u>Did you know?</u> We serve your child <u>4 to 5</u> servings of fruits or veggies <u>each day</u>?!? (Full-day)</p> </div>
	<p>27</p> <p><u>AM:</u> WG Triscuit Crackers Oranges & Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears & Water</p>	<p>28</p> <p><u>AM:</u> Bowl of WG Cereal & Milk^M Water</p> <p><u>PM:</u> WG Wheat Thins Orange wedges Water</p>	<p>29</p> <p><u>AM:</u> WG Saltines & Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese^M Water</p>	<p>30</p> <p><u>AM:</u> WG Goldfish Cracker^M Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla^M Water</p>	<p>7/1</p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt^M &Water</p>	<p>Menus are subject to change with little notice due to unforeseen circumstances</p>

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