






Mather Preschool Breakfast Menu

May, 2022

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	2 WG Blueberry muffin ^{E, M} Fruit Cocktail Milk	3 WG (Baked) French Toast sticks ^M Peaches Milk	4 Whole Wheat Toast w/butter ^M Applesauce Milk	5 WG Biscuits ^M Diced Pears Milk	6 Oatmeal or WG Cereal Bananas Milk	 <p>Teacher Appreciation WEEK</p>
	9 WW English muffin Diced Pineapple Milk	10 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	11 WG Waffles Oranges Milk	12 Toasted WG Bagel w/butter ^M Applesauce Milk	13 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.
	16 WG Blueberry muffin ^{E, M} Fruit Cocktail Milk	17 WG (Baked) French Toast sticks ^M Peaches Milk	18 Whole Wheat Toast w/butter ^M Applesauce Milk	19 WG Biscuits ^M Diced Pears Milk	20 Oatmeal or WG Cereal Bananas Milk	<i>Our canned fruits are packed in natural fruit juice—NO added sugar!</i>
<div style="border: 1px solid black; padding: 5px;"> <p><u>ALLERGENS OR RELIGIOUS RESTRICTION:</u></p> <p>E = EGG M = MILK</p> </div>	23 WW English muffin Diced Pineapple Milk	24 HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	25 WG Waffles Oranges Milk	26 Toasted WG Bagel w/butter ^M Applesauce Milk	27 WG Cereal Diced peaches Milk	<p><u>Whole Grain cereals offered</u></p> <p>Cheerios Rice Krispies Mini-Wheats</p>
<div style="border: 1px solid black; padding: 5px;"> <p><u>Did you know?</u> We serve your child 4 to 5 servings of fruits or veggies each day!?! ☺ (Full-day programs)</p> </div>		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 Oatmeal or WG Cereal Bananas Milk	Menus are subject to change with little notice due to unforeseen circumstances

“This institution is an equal opportunity provider”



Mather Preschool Lunch Menu

April, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	29 Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	30 Turkey Sandwich ^C w/Mixed Greens + Whole Wheat Bread raisins Orange Milk	31 Cheeseburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	4/1 Baked Fish sticks ^F Whole Wheat Pasta Peas & Carrots Diced Pineapple 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..	4 Grilled Cheese ^M Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	5 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple Milk	6 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin Cucumber or Fruit Milk	7 Beef & Cheese Tacos ^B W/Whole Grain shells Mixed Green Salad Oranges Milk	8 Whole Grain Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Bananas Milk	*Ranch Dressing contains MILK! **“HM” means Homemade “WG”=Whole grain rich
	11 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	12 Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	13 Turkey Sandwich ^C w/Mixed Greens + Whole Wheat Bread raisins Orange Milk	14 Cheeseburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	15 Baked Fish sticks ^F Whole Wheat Pasta Peas & Carrots Diced Pineapple Milk	
	18 Grilled Cheese ^M Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	19 HM Whole Wheat Mac & Cheese ^{M,C} , Steamed Broccoli Florets Pineapple Milk	20 Chef Salad W/Ranch* (Mixed Baby Greens, Turkey ^C &Cheese ^{M*}), WG Corn Muffin Cucumber or Fruit Milk	21 Beef & Cheese Tacos ^B W/Whole Grain shells Mixed Green Salad Oranges Milk	22 Whole Grain Cheese Pizza ^M , Spinach Salad w/ Ranch Dressing* Bananas Milk	<u>ALLERGENS OR RELIGIOUS RESTRICTIONS:</u> E = EGG M = MILK B = BEEF F = FISH C = CHICKEN/ TURKEY
Did you know? <i>We serve your child 4 to 5 servings of fruits or veggies each day?!? (Full-day programs)</i>	25 Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	26 Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	27 Turkey Sandwich ^C w/Mixed Greens + Whole Wheat Bread raisins Orange Milk	28 Cheeseburger ^B on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	29 Baked Fish sticks ^F Whole Wheat Pasta Peas & Carrots Diced Pineapple Milk	

"This institution is an equal opportunity provider"



Mather Preschool Snack Menu

April, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>28</p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u> WG Goldfish Crackers Apples & Water</p>	<p>29</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>30</p> <p><u>AM:</u> WG Goldfish Crackers* Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas* Water</p>	<p>31</p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges*& Water</p> <p><u>PM:</u> WG. Noodle Soup, Oranges & Water</p>	<p>4/1</p> <p><u>AM:</u> WG Gram crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits Diced Peaches Water</p>	
	<p>4</p> <p><u>AM:</u> WG Triscuit Crackers Oranges & Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears & Water</p>	<p>5</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</p> <p><u>AM:</u> WG Saltines & Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese Water</p>	<p>7</p> <p><u>AM:</u> WG Goldfish Crackers Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla*M Water</p>	<p>8</p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt*M &Water</p>	<div style="border: 1px solid black; padding: 5px;"> <p>ALLERGENS OR RELIGIOUS RESTRICTIONS:</p> <p>N = PEANUTS/ NUTS M = MILK</p> </div>
	<p>11</p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u> WG Goldfish Crackers Apples & Water</p>	<p>12</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>13</p> <p><u>AM:</u> WG Goldfish Crackers* Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas* Water</p>	<p>14</p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges*& Water</p> <p><u>PM:</u> WG. Noodle Soup, Oranges & Water</p>	<p>15</p> <p><u>AM:</u> WG Gram crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits Diced Peaches Water</p>	<p>Our canned fruits are packed in natural fruit juice— NO added sugar</p>
<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>18</p> <p><u>AM:</u> WG Triscuit Crackers Oranges & Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears & Water</p>	<p>19</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>20</p> <p><u>AM:</u> WG Saltines & Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese Water</p>	<p>21</p> <p><u>AM:</u> WG Goldfish Crackers Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla*M Water</p>	<p>22</p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt*M &Water</p>	<div style="border: 1px solid black; padding: 5px;"> <p><u>Did you know?</u> We serve your child 4 to 5 servings of fruits or veggies <u>each day</u>!!? (Full-day)</p> </div>
	<p>25</p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u> WG Goldfish Crackers Apples & Water</p>	<p>26</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>27</p> <p><u>AM:</u> WG Goldfish Crackers* Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas* Water</p>	<p>28</p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges*& Water</p> <p><u>PM:</u> WG. Noodle Soup, Oranges & Water</p>	<p>29</p> <p><u>AM:</u> WG Gram crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits Diced Peaches Water</p>	<p>Menus are subject to change with little notice due to unforeseen circumstances</p>

"This institution is an equal opportunity provider"