



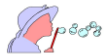


# Mather Preschool Breakfast Menu

## October, 2022



	Mon	Tue	Wed	Thu	Fri	Sat
<b><u>ALLERGENS OR RELIGIOUS RESTRICTION:</u></b>  E = EGG M = MILK	<b>3</b> WG Blueberry muffin <sup>E, M,</sup> Fruit Cocktail Milk	<b>4</b> WG (Baked) French Toast sticks <sup>M</sup> Peaches Milk	<b>5</b> Whole Wheat Toast w/butter <sup>M</sup> Applesauce Milk	<b>6</b> WG Biscuits <sup>M</sup> Diced Pears Milk	<b>7</b> WG Cereal Bananas Milk	
	<b>10</b> WW English muffin Diced Pineapple Milk	<b>11</b> HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	<b>12</b> WG Waffles Oranges Milk	<b>13</b> Toasted WG Bagel w/butter <sup>M</sup> Applesauce Milk	<b>14</b> 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.
<b>Did you know?</b> We serve your child 4 to 5 servings of fruits and veggies each day?!? ☺ (Full-day programs)	<b>17</b> WG Blueberry muffin <sup>E, M,</sup> Fruit Cocktail Milk	<b>18</b> WG (Baked) French Toast sticks <sup>M</sup> Peaches Milk	<b>19</b> Whole Wheat Toast w/butter <sup>M</sup> Applesauce Milk	<b>20</b> WG Biscuits <sup>M</sup> Diced Pears Milk	<b>21</b> WG Cereal Bananas Milk	<b>Our canned fruits are packed in natural fruit juice—NO added sugar!</b>
	<b>24</b> WW English muffin Diced Pineapple Milk	<b>25</b> HM WG Oatmeal-Banana Chocolate Chip muffins Bananas Milk	<b>26</b> WG Waffles Oranges Milk	<b>27</b> Toasted WG Bagel w/butter <sup>M</sup> Applesauce Milk	<b>28</b> WG Cereal Diced peaches Milk	<u>Whole Grain cereals offered</u> Cheerios Rice Krispies Mini-Wheats
	<b>31</b> WG Blueberry muffin <sup>E, M,</sup> Fruit Cocktail Milk	<b>11/1</b> WG (Baked) French Toast sticks <sup>M</sup> Peaches Milk	<b>2</b> Whole Wheat Toast w/butter <sup>M</sup> Applesauce Milk	<b>3</b> WG Biscuits <sup>M</sup> Diced Pears Milk	<b>4</b> WG Cereal Bananas Milk	<b>Menus are subject to change with little notice due to unforeseen circumstances</b>

“This institution is an equal opportunity provider”



# Mather Preschool Lunch Menu

## October, 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	<b>3</b> Grilled Cheese <sup>M</sup> Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	<b>4</b> HM Whole Wheat Mac & Cheese <sup>M,C</sup> , Steamed Broccoli Florets Pineapple Milk	<b>5</b> Chef Salad W/Ranch* (Mixed Baby Greens, Turkey <sup>C</sup> &Cheese <sup>M*</sup> ), WG Corn Muffin Cucumber or Fruit Milk	<b>6</b> Beef & Cheese Tacos <sup>B</sup> W/Whole Grain shells Mixed Green Salad Oranges Milk	<b>7</b> Whole Grain Cheese Pizza <sup>M</sup> , Spinach Salad w/ Ranch Dressing* Bananas Milk	
	<b>10</b> Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	<b>11</b> Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	<b>12</b> Turkey Sandwich <sup>C</sup> w/Mixed Greens + Whole Wheat Bread Raisins Orange Milk	<b>13</b> Cheeseburger <sup>B</sup> on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	<b>14</b> Baked Fish sticks <sup>F</sup> Whole Wheat Pasta Peas & Carrots Diced Pineapple Milk	* <u>Ranch Dressing</u> contains <b>MILK!</b> ** <u>HM</u> ** means <b>Homemade</b> <u>WG</u> =Whole grain rich
	<b>17</b> Grilled Cheese <sup>M</sup> Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	<b>18</b> HM Whole Wheat Mac & Cheese <sup>M,C</sup> , Steamed Broccoli Florets Pineapple Milk	<b>19</b> Chef Salad W/Ranch* (Mixed Baby Greens, Turkey <sup>C</sup> &Cheese <sup>M*</sup> ), WG Corn Muffin Cucumber or Fruit <b>Milk</b>	<b>20</b> Beef & Cheese Tacos <sup>B</sup> W/Whole Grain shells Mixed Green Salad Oranges Milk	<b>21</b> Whole Grain Cheese Pizza <sup>M</sup> , Spinach Salad w/ Ranch Dressing* Bananas Milk	
<b>Did you know?</b> We serve your child 4 to 5 servings of fruits and veggies each day?? (Full-day programs)	<b>24</b> Teriyaki Chicken Strips WG Brown Rice Peas & Carrots Oranges Milk	<b>25</b> Whole Wheat Spaghetti w/ Meat & Sauce Green Beans Peaches Milk	<b>26</b> Turkey Sandwich <sup>C</sup> w/Mixed Greens + Whole Wheat Bread Raisins Orange Milk	<b>27</b> Cheeseburger <sup>B</sup> on a Whole Wheat Bun <u>Baked</u> Sweet Potato Fries Apples & Milk	<b>28</b> Baked Fish sticks <sup>F</sup> Whole Wheat Pasta Peas & Carrots Diced Pineapple <b>Milk</b>	<u>ALLERGENS OR RELIGIOUS RESTRICTIONS:</u>  E = EGG M = MILK B = BEEF F = FISH C = CHICKEN/ TURKEY
	<b>31</b> Grilled Cheese <sup>M</sup> Sandwich on Whole Wheat Bread Tomato Soup Apple Milk	<b>11/1</b> HM Whole Wheat Mac & Cheese <sup>M,C</sup> , Steamed Broccoli Florets Pineapple Milk	<b>2</b> Chef Salad W/Ranch* (Mixed Baby Greens, Turkey <sup>C</sup> &Cheese <sup>M*</sup> ), WG Corn Muffin Cucumber or Fruit <b>Milk</b>	<b>3</b> Beef & Cheese Tacos <sup>B</sup> W/Whole Grain shells Mixed Green Salad Oranges Milk	<b>4</b> Whole Grain Cheese Pizza <sup>M</sup> , Spinach Salad w/ Ranch Dressing* Bananas Milk	

"This institution is an equal opportunity provider"



# Mather Preschool Snack Menu

## October, 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>3</b></p> <p><u>AM:</u> WG Triscuit Crackers Oranges &amp; Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears &amp; Water</p>	<p><b>4</b></p> <p><u>AM:</u> Bowl of WG Cereal &amp; Milk<sup>M</sup> Water</p> <p><u>PM:</u> WG Wheat Thins Orange wedges Water</p>	<p><b>5</b></p> <p><u>AM:</u> WG Saltines &amp; Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese<sup>M</sup> Water</p>	<p><b>6</b></p> <p><u>AM:</u> WG Goldfish Cracker<sup>M</sup> Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla<sup>M</sup> Water</p>	<p><b>7</b></p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt<sup>M</sup> &amp;Water</p>	
	<p><b>10</b></p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u> WG Goldfish Crackers<sup>M</sup> Apples &amp; Water</p>	<p><b>11</b></p> <p><u>AM:</u> Bowl of WG Cereal &amp; Milk<sup>M</sup> Water</p> <p><u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip<sup>M</sup>, Water</p>	<p><b>12</b></p> <p><u>AM:</u> WG Goldfish Crackers<sup>M</sup> Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas Water</p>	<p><b>13</b></p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges &amp; Water</p> <p><u>PM:</u> WG. Cereal Strawberry/Banana Smoothies &amp; Water</p>	<p><b>14</b></p> <p><u>AM:</u> WG Graham crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits<sup>M</sup> Diced Peaches Water</p>	<div style="border: 1px solid black; padding: 5px;"> <p><b><u>ALLERGENS OR RELIGIOUS RESTRICTIONS:</u></b></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><b>17</b></p> <p><u>AM:</u> WG Triscuit Crackers Oranges &amp; Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears &amp; Water</p>	<p><b>18</b></p> <p><u>AM:</u> Bowl of WG Cereal &amp; Milk<sup>M</sup> Water</p> <p><u>PM:</u> WG Wheat Thins Orange wedges Water</p>	<p><b>19</b></p> <p><u>AM:</u> WG Saltines &amp; Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese<sup>M</sup> Water</p>	<p><b>20</b></p> <p><u>AM:</u> WG Goldfish Cracker<sup>M</sup> Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla<sup>M</sup> Water</p>	<p><b>21</b></p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt<sup>M</sup> &amp;Water</p>	<p>Our canned fruits are packed in natural fruit juice— NO added sugar</p>
	<p><b>24</b></p> <p><u>AM:</u> WG Saltine Crackers Peaches Water</p> <p><u>PM:</u> WG Goldfish Crackers<sup>M</sup> Apples &amp; Water</p>	<p><b>25</b></p> <p><u>AM:</u> Bowl of WG Cereal &amp; Milk<sup>M</sup> Water</p> <p><u>PM:</u> WG Corn Tortilla Chips Cheesy Pinto Bean Dip<sup>M</sup>, Water</p>	<p><b>26</b></p> <p><u>AM:</u> WG Goldfish Crackers<sup>M</sup> Diced Pineapple</p> <p><u>PM:</u> WG Ritz Crackers Bananas Water</p>	<p><b>27</b></p> <p><u>AM:</u> WG Wheat Thins Crackers Oranges &amp; Water</p> <p><u>PM:</u> WG. Cereal Strawberry/Banana Smoothies &amp; Water</p>	<p><b>28</b></p> <p><u>AM:</u> WG Graham crackers Peaches Water</p> <p><u>PM:</u> WG Cheezits<sup>M</sup> Diced Peaches Water</p>	<div style="border: 1px solid black; padding: 5px;"> <p><u>Did you know?</u> We serve your child <u>4</u> to <u>5</u> servings of fruits and veggies each <u>day</u>!?!? (Full-day programs)</p> </div>
	<p><b>31</b></p> <p><u>AM:</u> WG Triscuit Crackers Oranges &amp; Water</p> <p><u>PM:</u> WG Ritz Crackers Diced Pears &amp; Water</p>	<p><b>11/1</b></p> <p><u>AM:</u> Bowl of WG Cereal &amp; Milk<sup>M</sup> Water</p> <p><u>PM:</u> WG Wheat Thins Orange wedges Water</p>	<p><b>2</b></p> <p><u>AM:</u> WG Saltines &amp; Peanut Butter or Apples Water</p> <p><u>PM:</u> WG Ritz Crackers String cheese<sup>M</sup> Water</p>	<p><b>3</b></p> <p><u>AM:</u> WG Goldfish Cracker<sup>M</sup> Apples Water</p> <p><u>PM:</u> WG Cheese Quesadilla<sup>M</sup> Water</p>	<p><b>4</b></p> <p><u>AM:</u> WG Wheat Thins Crackers Peaches Water</p> <p><u>PM:</u> WG Cereal Vanilla Yogurt<sup>M</sup> &amp;Water</p>	<p><b>Menus are subject to change with little notice due to unforeseen circumstances</b></p>

"This institution is an equal opportunity provider"