

BREAKFAST MENU

Monday

WG Muffin 2 oz
Pineapple Tidbits 1/2 c
Low Fat Milk 1/2 pt

Tuesday

Cheese Omelet 3.5 oz
Apple Slices 2 oz
Low Fat Milk 1/2 pt

Wednesday

WG Cereal 1 oz
Banana 1/2 c
Low Fat Milk 1/2 pt

Thursday

WG Pancakes 3.17 oz
Tangerine Juice 4.23 fl oz
Low Fat Milk 1/2 pt

Friday

WG Muffin 2 oz
Orange Wedges 1/2 c
Low Fat Milk 1/2 pt

Lunch Menu

Monday

Scrambled Eggs 1/4 c
Sausage Patty 1.39 oz
Biscuit 2.25 oz
Tater Tots 1/4 c
Applesauce 1/4 c
Low Fat Milk 1/2 pt

Tuesday

WG Cheese Bites 9 ea
Steamed Carrots 1/4 c
Seasoned Broccoli 1/4 c
Strawberries 1/4 c
Low Fat Milk 1/2 pt

Wednesday

WG Chicken Bites 3.44 oz
Seasoned Corn 1/4 c
Garden Side Salad 1/2 c
Mandarin Oranges 1/4 c
Low Fat Milk 1/2 pt

Thursday

Hamburger 2.25 oz on Bun
Potato "Smiles" 2 ea
Celery Sticks 1/4 c
Fresh Apple Slices 1/4 c
Low Fat Milk 1/2 pt

Friday

WG Smuckers PBJ 1 ea
B String Cheese 1 ea
Baby Carrots 1/4 c
Applesauce 1/2 c
Low Fat Milk 1/2 pt

On Track To KINDERGARTEN

Question of the Week:
How do you get to school
each day? _____



September - Week 1

♪ Sing THE WHEELS ON THE BUS. ♪

Tell 5 people your
teacher's name.



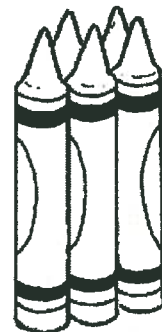
Jump up and
down with
your 2 feet
together.

How many
times can
you jump
without
stopping?



Have
someone
read
to you.

Draw and
color a
picture of
yourself.



Child's Name _____

Parent's Name _____

