

FUNdamental's Academy 2 week menu

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Cheerios Cereal 1/2oz Bananas 1/2 cup Fat Free Milk 6oz	Scrambled Egg 1ct and Cheese Burrito on *Whole Wheat Tortilla 1/2 ct Strawberries 1/2 cup Fat Free Milk 6oz	Waffles 1ct Blue Berries 1/2 cup Fat Free Milk 6oz	Scrambled Eggs 1ct *Whole Wheat Toast 1/2 Cantaloupe 1/2 cup Fat Free Milk 6oz	*Kix Cereal 1/2 oz Apple Slices 1/2 cup Fat Free Milk 6oz	Menu for Children 2- 5 years old 1 cup=8oz 3/4 cup=6oz 1/2 cup=4oz 1/4 cup=2oz Ct=one whole item
Spaghetti With Chicken Breast 2oz *Whole Wheat Bread 1/2oz Romain Salad 1/4 cup Apple Slices 1/4 cup Fat Free Milk 6oz	Beef Taquitos 2ct Beans 2oz Tortilla Chips 1/2oz Steamed Mixed Vegetables 1/4cup Mandarin Oranges 1/4 cup Fat Free Milk 6oz	Cheese Quesadilla on *Whole Wheat Tortilla 1/2 ct Grilled Chicken Strips 2oz Carrots 1/4 cup Grapes 1/4 cup Fat Free Milk 6oz	Bean 2oz and Cheese Burrito on *Whole Wheat Tortillas 1/2 ct Steamed Vegetables 1/4 cup Peaches 1/4 cup Fat Free Milk 6oz	Chicken Nuggets 4ct Baked French Fries 2oz Whole Wheat Bread 1/2 ct Watermelon 2oz Fat Free Milk 6oz	
Cheese Itz 1/2 oz 100% Apple Juice 4oz	*Graham Crackers 1/2 oz with Peanut Butter 100% Apple Juice 4oz	*Dry Kix Cereal 1/2 oz 100% Apple Juice 4oz	Goldfish Crackers 1/2oz 100% Apple Juice 4oz	*Wheat Thins Or Low Fat String Cheese 1 ct and Ritz Crackers 1/2oz 100% Apple Juice 4oz	
Monday	Tuesday	Wednesday	Thursday	Friday	
Waffles 1ct Orange Slices 1/2 cup Fat Free Milk 6oz	Scrambled Egg 1ct and Cheese Burrito on *Whole Wheat Tortilla 1/2 ct Strawberries 1/2 cup Fat Free Milk 6oz	Toasted Whole *Wheat Bread 1/2 Topped With Strawberry Jelly Bananas 1/2 cup Fat Free Milk 6oz	Scrambled Eggs 1ct *Whole Wheat Toast 1/2 Cantaloupe 1/2 cup Fat Free Milk 6oz	*Kix Cereal 1/2 oz Apple Slices 1/2 cup Fat Free Milk 6oz	
1/2 Grilled Cheese Sandwiches on *Whole Wheat Bread Turkey 2oz Broccoli 1/4cup Grapes 1/4 cup Fat Free Milk 6oz	Beef Taquitos 2ct Beans 2oz Tortilla Chips 1/2oz Steamed Mixed Vegetables 1/4cup Mandarin Oranges 1/4 cup Fat Free Milk 6oz	100% Beef Frank 1ct On A Bun 1ct Grapes 1/4 cup Steamed Green Beans 1/4 cup Fat Free Milk 6oz	Bean 1 1/2 oz and Cheese Taco 1/2 oz chips Salad Romain Lettuce 1/4 cup Strawberries 1/4 cup Fat Free Milk 6oz	Mac & Cheese 1/2 oz Grilled Chicken Strip 2oz *Whole Wheat Bread 1/2 ct Watermelon 1/4 ct Carrots 1/4 ct Fat Free Milk 6oz	
*Graham Crackers 1/2oz with peanut butter 100% Apple Juice 4oz	*Wheat Thins 1/2 oz 100% Apple Juice 4oz	Low Fat String Cheese 1 ct and Ritz Crackers 1/2 oz 100% Apple Juice 4oz	Goldfish Crackers 1/2 oz 100% Apple Juice 4oz	*Wheat Thins 1/2 oz Or Carrots 1/2 cup Ranch dip and 100% Apple Juice 4oz	

The Fundamentals Preschool Academy is an Equal Opportunity Provider

***Required Daily Servings of Whole Grain** Only Unflavored Fat Free Milk is Served