

# HARKER. preschool

## SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Extended Care Breakfast</b>	Whole Grain Cereal & Fruit	Fresh Bananas and Soy Butter	Oatmeal and Dried Fruit	Granola Bars	Whole Grain Cereal & Fruit
	Low Fat Milk	Low Fat Vanilla Yogurt & Granola	Low Fat Milk	Low Fat Vanilla Yogurt & Blueberries	Low Fat Milk
<b>10:15 AM Snack</b>	Apple Sauce String Cheese	Sliced Oranges	Fresh Berries Low Fat Yogurt	Banana Chips Low Fat Milk	Melon Wedges String Cheese
½ cup fruit 1 oz. whole grain 1 cup dairy	Whole Grain Graham Crackers	Mini Whole Grain Bagels & Cream Cheese	Whole Grain Graham Crackers	Whole Grain Cereal	Whole Grain Mini Rice Cakes
<b>Lunch</b>	Scrambled Eggs 🍳 served with Whole Wheat Toast 🍞	Homemade Turkey Meatloaf or Veggie Patty 🍔	Whole Grain Pasta Mac N Cheese 🍝	Chicken Franks or Veggie Hot Dogs (cut length wise) in Wheat Buns 🍔	Whole Wheat Mini Pizza: Cheese or Turkey Pepperoni 🍕
½ cup fruit 1 cup vegetable 2 oz. whole grain 2 oz. protein 1 cup dairy	Breakfast Potatoes O'Brien Yogurt & Granola Parfaits 🥛🍌	Whipped Sweet Potatoes 🍠 Steamed Green Beans	Cubed Chicken or Tofu Glazed Carrots	Maple Baked Beans 🍌 Roasted Parmesan Zucchini Fries 🥒🍌	Roasted Cauliflower
	Strawberries	Sliced Apples	Bananas	Watermelon Wedges	Orange Slices
<b>3:00 PM Snack</b>	Fresh Veggie Sticks w/ Dip	Hummus & Wheat Pita Bread	Naked Green Machine Juice	Sweet Potato Chips	Naked Green Machine Juice
1/2 c. veggie 1 oz protein OR 1/2 c. dairy	Whole Wheat Strawberry Cream Cheese Wraps	String Cheese	Whole Grain Gold Fish Crackers	Chilled Turkey Cubes & Cheese Cubes	Low Fat Yogurt & Granola
<b>Extended Care 5:00 PM Snack</b>	Blueberries	Strawberries	Watermelon	Raisins	Bananas
½ cup fruit 1 oz. whole grain	Whole Grain Crackers	Whole Grain Granola & Yogurt	Whole Grain Crackers	Whole Grain Gold Fish Crackers	Whole Grain Crackers

**All meals are prepared daily by Harker kitchen staff**

CONTAINS EGG: 🍳 CONTAINS DAIRY: 🥛 CONTAINS GLUTEN: 🍷  
**(symbols are for lunch items only, teachers will provide substitute snacks if needed)**

Melons are members of the Cucurbitaceae family. This month we will be focusing on watermelon and other melons like cantaloupe and honey dew for example. Melons originated in Africa (watermelon was found growing wild here!) and Asia and are among the earliest plants to be domesticated. In fact, watermelons were very popular in the Roman Empire and Ancient Egypt. Melons are generally eaten mature when the flesh becomes sweet and consumed raw, compared to other Cucurbitaceae fruits or vegetables that are consumed immature and cooked beforehand. Melons are very high in essential vitamins and minerals; they contain vitamin C, vitamin A, potassium and lycopene.

