

**MSUM Early Education Center  
2020-2021 School Year  
Sept. 14-Oct. 9<sup>th</sup>, 2020**

<b>Week 1 Sept. 14-18</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Lunch meal count needed:</b>	<b>Snack</b>
<b>Monday</b>	Applesauce WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Tacos-Tortilla shells- meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	45	Cottage cheese, oranges, saltine crackers Water
<b>Monday- Vegetarian/non-pork option</b>		Tacos-Tortilla shells- vegetarian meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	0	
<b>Monday- Other Special Diet needs</b>				
<b>Tuesday</b>	WG Cereal: Cheerios, Kix, and/or Life Pears Milk (skim & whole to under 2)	Spaghetti w/Meat Sauce Garlic Breadstick- Romaine Salad (for preschoolers), cooked carrots (for toddlers), Pineapple- milk (skim & whole to under 2)	45	Tortilla chips Salsa Milk (skim & whole to under 2)
<b>Tuesday- Vegetarian/non-pork option</b>		Spaghetti w/non-meat sauce Garlic Breadstick- Cottage Cheese- Romaine Salad Pineapple- milk (skim & whole to under 2)	0	
<b>Tuesday- Other Special Diet needs</b>				
<b>Wednesday</b>	WG Cereal: Cheerios, Kix, and/or Life bananas Milk (skim & whole to under 2)	Hamburger on a Bun, fries, pickles, veggies and dip (for preschoolers) cooked corn (for toddlers) Peaches- Milk (skim & whole to under 2)	45	Cereal & Milk (skim & whole to under 2)
<b>Wednesday- Vegetarian/non- pork option</b>		Veggie burger on a bun, cheese cubes, fries, pickles, veggies and dip Peaches- Milk (skim & whole to under 2)	0	
<b>Wednesday- Other Special Diet needs</b>				
<b>Thursday</b>	Oranges WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Waffles w/syrup Scrambled eggs, tator tots Pears- milk (skim & whole to under 2)	35	Goldfish crackers Melon Water
<b>Thursday Vegetarian</b>		Waffles w/syrup Scrambled eggs- tator tots Pears- milk (skim & whole to under 2)	0	
<b>Thursday- Other Special Diet needs-EGG ALLERGY</b>		Waffles w/syrup Cheese cubes- tator tots Pears- milk (skim & whole to under 2)	12 (for whole classroom)	
<b>Friday</b>	Banana WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Cheese Quesadilla Steamed broccoli Tortilla chips/salsa applesauce- milk (skim & whole to under 2)	45	Saltine Crackers, String Cheese, Apples Water
<b>Friday- Vegetarian/non-pork option</b>		Cheese Quesadilla Steamed broccoli Tortilla chips/salsa, applesauce- milk (skim & whole to under 2)	NA	
<b>Friday- Other special diet needs</b>				

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Week 2 Sept. 21-25	Breakfast	Lunch	Lunch meal count needed:	Snack
<b>Monday</b>	WG Cereal: Cheerios, Kix, and/or Life Bananas Milk (skim & whole to under 2)	Penne pasta with spinach and chicken casserole, corn, dinner roll (non-wheat), mandarin oranges, milk (skim & whole to under 2)	45	Mini Bagel with cream cheese applesauce Milk (skim & whole to under 2)
<b>Monday- Vegetarian/non-pork option</b>		Broccoli mushroom cheddar rice casserole, cheese cubes, corn, dinner roll (non-wheat) mandarin oranges, milk (skim & whole to under 2)	0	
<b>Monday- - Other Special Diet needs</b>				
<b>Tuesday</b>	WG Cereal: Cheerios, Kix, and/or Life Melon Milk (skim & whole to under 2)	Sloppy Joes/bun, cucumbers & dip, Fritos, melon, milk (skim & whole to under 2)	45	Animal crackers Peaches water
<b>Tuesday- Vegetarian/non-pork option</b>		Veggie burger/bun, cheese cubes, cucumbers & dip, Fritos, melon, milk (skim & whole to under 2)	0	
<b>Tuesday – Other Special Diet needs</b>				
<b>Wednesday</b>	Applesauce WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Homemade Macaroni and Cheese- meatballs, Strawberries- steamed carrots (toddler), carrots & dip (preschoolers) Milk (skim & whole to under 2)	43	Raisins yogurt Graham crackers water
<b>Wednesday- Vegetarian/non-pork option</b>		Homemade Macaroni and Cheese- veggie burger, cottage cheese, Strawberries- steamed carrots (toddlers), carrots & dip (preschoolers) Milk (skim & whole to under 2)	<b>2 –non pork</b>	
<b>Wednesday – Other Special Diet needs</b>				
<b>Thursday</b>	Banana WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Grilled Ham & Cheese Sandwich Watermelon (or oranges if not in season) Raw broccoli w/dip (for preschoolers), Cooked broccoli (for toddlers) Tator tot- Milk (skim & whole to under 2)	43	Cheese cubes Hard boiled egg Milk (skim & whole to under 2)
<b>Thursday Vegetarian/non-pork option</b>		Grilled Cheese Sandwich, hard-boiled egg, Watermelon (or oranges if not in season), Carrots w/dip Tator tot- Milk (skim & whole to under 2)	<b>2-non pork</b>	
<b>Thursday- other special diet needs</b>			<b>12 whole class</b>	Cheese cubes Crackers (12 for whole class) Milk (skim & whole to under 2)
<b>Friday</b>	Fresh pineapple WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Cheese Pizza Yogurt, pears Corn (for toddlers)- carrot sticks with ranch (for preschoolers) Milk (skim & whole to under 2)	45	Apple sauce Cheese-it crackers Milk (skim & whole to under 2)
<b>Friday Vegetarian/non-pork option</b>		Cheese Pizza Yogurt, pears Corn (for toddlers)- carrot sticks with ranch (for preschoolers) Milk (skim & whole to under 2)	0	
<b>Friday- Other Special Diet needs</b>				

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<b>Week 3 Sept. 28-Oct. 2nd</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Lunch Meal count needed:</b>	<b>Snack</b>
<b>Monday</b>	Oranges WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Plain shredded chicken breast on a bun, romaine lettuce (for preschoolers), cooked carrots (for toddlers), seasoned rice, peaches, milk (skim & whole to under 2)	45	Cinnamon bread Milk (skim & whole to under 2)
<b>Monday</b> Vegetarian /non-pork option		Veggie wrap w/cheese, white plain rice, romaine lettuce, peaches, milk (Skim & whole to under 2)	0	
<b>Monday-</b> Other Special Diet needs				
<b>Tuesday</b>	Apple sauce WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Tacos-Tortilla shells- meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	45	Cereal (kix, cheerios, or life) Milk (skim & whole to under 2)
<b>Tuesday</b> Vegetarian/non-pork option		Tacos-Tortilla shells- <b>vegetarian</b> meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	0	
<b>Tuesday</b> - Other Special Diet				
<b>Wednesday</b>	Melon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Turkey noodle casserole, corn, dinner roll, applesauce, milk (skim & whole to under 2)	45	Goldfish crackers Pears Water
<b>Wednesday</b> Vegetarian/non-pork option		Baked rigatoni with roasted tomato, corn, dinner roll, apples, milk (skim & whole to under 2)	0	
<b>Wednesday</b> - Other Special Diet				
<b>Thursday</b>	Watermelon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Pancakes w/syrup, scrambled eggs, tator tots, kiwi (or mandarin oranges if not in season), milk (skim & whole to under 2)	35	String cheese- turkey slices Apple slices water
<b>Thursday</b> –vegetarian or non-pork option		Pancakes w/syrup, scrambled eggs, tator tots, kiwi (or mandarin oranges if not in season), milk (skim & whole to under 2)	0	String cheese Apple silices water
<b>Thursday</b> –Other Special Diet needs- EGG ALLERGY		Pancakes w/syrup, cheese cubes, tator tots, kiwi (or mandarin oranges if not in season), milk (skim & whole to under 2)	10 (whole class)	
<b>Friday-</b>	Pineapple WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Breaded Fish Sandwich on a bun Carrots w/dip (for preschoolers), cooked carrots (for toddlers) Apples, cheese cubes, milk (skim & whole to under 2)	45	Blueberry muffins Milk (skim & whole to under 2)
<b>Friday</b> vegetarian/non-pork option		Cheese quesadilla, with salsa, Carrots w/dip Applesauce, milk (skim & whole to under 2)	0	
<b>Friday</b> -- Other Special Diet needs				

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Week 4 Oct. 5 <sup>th</sup> -9 <sup>th</sup>	Breakfast	Lunch	Lunch meal counts:	Snack
<b>Monday-</b>	Peaches WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Meat Lasagna (non-pork), breadstick, Lettuce Salad (for preschoolers) Steamed Carrots (for toddlers), fresh pineapple- Milk (skim & whole to under 2)	45	Yogurt Banana water
<b>Monday</b> Vegetarian/non-pork option		Vegetarian Lasagna, breadstick, Lettuce Salad or Steamed Carrots pineapple- Milk (skim & whole to under 2)	0	
<b>Monday-</b> - Other Special Diet				
<b>Tuesday</b>	Melon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Beef tator tot casserole, Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)	45	Breadsticks with marinara sauce Milk (skim & whole to under 2)
<b>Tuesday-</b> Vegetarian/non-pork option		Brazilian zucchini casserole, Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)	0	
<b>Tuesday--</b> Other Special Diet				
<b>Wednesday</b>	oranges WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Turkey/provolone sandwiches, veggies w/dip (for preschool), corn (for toddlers), Banana, fries, Milk (skim & whole to under 2)	45	Cereal (Kix, Cheerios, or Life) Milk (skim & whole to under 2)
<b>Wednesday</b> Vegetarian/non-pork option		Cheese sandwich, hard boiled egg, veggies w/dip (for preschool), corn (for toddlers), bananas, fries Milk (skim & whole to under 2)	0	
<b>Wednesday</b> -Other Special Diet				
<b>Thursday</b>	Melon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Homemade Macaroni and Cheese- meatballs, Strawberries, broccoli, Milk (skim & whole to under 2)	43	Mini bagels w/cream cheese Applesauce Water
<b>Thursday</b> Vegetarian/non-pork option		Homemade Macaroni and Cheese- vegetarian burger, cottage cheese Strawberries- broccoli, Milk (skim & whole to under 2)	<b>2 non pork</b>	
<b>Thursday-</b> Other Special Diet				
<b>Friday</b>	Fresh Pineapple WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Cheese Pizza Cottage Cheese Steamed carrots Apples (bring pineapple juice to put in once cut) Milk (skim & whole to under 2)	45	Cucumber coins w/ranch Wheat thins String cheese Water
<b>Friday-</b> Vegetarian/non-pork option		Cheese Pizza Cottage Cheese Steamed carrots Apples (bring pineapple juice to put in once cut) Milk (skim & whole to under 2)	0	
<b>Friday--</b> Other Special Diet				

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