

**MSUM Early Education Center  
2022-2023 School Year  
December 5<sup>th</sup>-December 30<sup>th</sup>**

<b>Week 1 December 5<sup>th</sup>-9<sup>th</sup></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)	Spaghetti w/Meat Sauce Garlic Breadstick- Romaine Salad (for preschoolers), cooked carrots (for toddlers), Pineapple- milk (skim & whole to under 2)	53	Cottage cheese, oranges, saltine crackers Water
<b>Monday-</b> Vegetarian/non-pork option		Spaghetti w/non-meat sauce Garlic Breadstick- Cottage Cheese- Romaine Salad Pineapple- milk (skim & whole to under 2)	2	
<b>Monday-</b> Other Special Diet needs			1	Non- Dairy cottage cheese
<b>Tuesday</b>	WG Cereal: Cheerios, Kix, and/or Life Pears Milk (skim & whole to under 2)	Tacos-Tortilla shells- meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	53	Tortilla chips (preschool)- Fritos (Toddlers) Salsa Milk (skim & whole to under 2)
<b>Tuesday-</b> Vegetarian/non-pork option		Tacos-Tortilla shells- vegetarian meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	2	
<b>Tuesday-</b> Other Special Diet needs- Non-dairy		Non- dairy cheese for tacos	1	
<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)	53	Cereal & Milk (skim & whole to under 2)
<b>Wednesday-</b> Vegetarian/non- pork option		Veggie burger on a bun, cheese cubes, fries, pickles, veggies and dip Peaches- Milk (skim & whole to under 2)	2	
<b>Wednesday-</b> Other Special Diet needs			0	
<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)	52	Goldfish crackers Melon Water
<b>Thursday</b> Vegetarian		Waffles w/syrup Scrambled eggs- tator tots Pears- milk (skim & whole to under 2)	0	
<b>Thursday-</b> Other Special Diet needs- non dairy		Paleo pancakes (non-dairy)	1	Sub. goldfish with other cracker for non- dairy
<b>Thursday-</b> Other Special Diet needs-EGG ALLERGY		Paleo pancakes w/syrup Cheese cubes- tator tots Pears- milk (skim & whole to under 2)	2	
<b>Friday</b>	Pineapple WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Cheese Quesadilla Steamed broccoli Tortilla chips (preschool), Fritos (Toddlers) w/salsa applesauce- milk (skim & whole to under 2)	54	Saltine Crackers, String Cheese, Apples Water
<b>Friday-</b> Vegetarian/non-pork option		Cheese Quesadilla Steamed broccoli Tortilla chips/salsa, applesauce- milk (skim & whole to under 2)	0	
<b>Friday-</b> Other special diet needs- non dairy		Bean Quesadilla	1	Omit string cheese replace with oat milk

**Center must be PEANUT FREE**

**Milks needed daily include: Lactose free, oat, whole, and skim**

<b>Week 2 December 12-16</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Lunch meal count needed:</b>	<b>Snack</b>
<b>Monday</b>	WG Cereal: Cheerios, Kix, and/or Life Pears 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)	53	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)	2	
<b>Monday- Other Special Diet needs- Non Dairy</b>			1	Omit cream cheese, add hummus
<b>Tuesday</b>	WG Cereal: Cheerios, Kix, and/or Life Bananas Milk (skim & whole to under 2)	Sloppy Joes/bun, cucumbers & dip, Fritos, melon, milk (skim & whole to under 2)	53	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)	2	
<b>Tuesday – Other Special Diet needs</b>			0	
<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)	50	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)	4	
<b>Wednesday – Other Special Diet needs- Non Dairy</b>		Macaroni and cheese with non-dairy cheese sauce	1	Omit yogurt- add almond milk
<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)	50	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)	4	
<b>Thursday- other special diet needs- NON Dairy</b>		Grilled ham sandwich, omit cheese	1	Saltines Hard boiled eggs
<b>Thursday- other special diet needs- EGG ALLERGY at snack</b>			2	Cheese cubes Saltines 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)	54	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- Non dairy</b>		Pizza made with sauce, pepperoni, & non-dairy cheese, hummus and carrots, pears No ranch	1	Substitute Cheese-its for non-dairy cracker (saltines).

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<b>Week 3 December 19<sup>th</sup> -23<sup>rd</sup></b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Lunch Meal count needed:</b>	<b>Snack</b>
<b>Monday</b>	Melon 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)	53	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)	2	
<b>Monday</b> - Other Special Diet needs- Non dairy			1	Omit butter on bread
<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)	53	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)	2	
<b>Tuesday -</b> Other Special Diet- non dairy		Non-dairy cheese, omit sour cream	1	
<b>Wednesday</b>	Oranges 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)	52	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)	2	
<b>Wednesday -</b> Other Special Diet- non dairy		Turkey noodle with non-dairy	1	Omit goldfish and sub. with saltines
<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)	52	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-non dairy		Paleo pancakes	1	Omit string cheese can sub. oak milk if needed Serve: Turkey slices & apple slices
<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)	2	
<b>Friday- CENTER CLOSED</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)	50	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)	2	
<b>Friday--</b> Other Special Diet needs Non Dairy		Omit cheese cubes- serve non-dairy cheese instead Bean quesadilla (sub. for fish)	1	
<b>Friday</b> –Other Special Diet needs- EGG ALLERGY		Cheese quesadilla (sub. for fish)	2	Omit muffin- sub with graham crackers

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<b>Week 4 December 26<sup>th</sup>-30<sup>th</sup> CENTER CLOSED</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Lunch meal counts:</b>	<b>Snack</b>
<b>Monday- CENTER CLOSED</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)	52	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- non dairy		Lasagna made with dairy free cheese	1	Non dairy yogurt
<b>Tuesday CENTER CLOSED</b>	Melon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Beef tator tot casserole, steamed Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)	53	Mini bagels w/cream cheese Applesauce Water
<b>Tuesday</b> - Vegetarian/non-pork option		Brazilian zucchini casserole, Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)	2	
<b>Tuesday</b> -- Other Special Diet- non dairy			1	Omit cream cheese
<b>Wednesday CENTER CLOSED</b>	oranges WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Turkey/provolone sandwiches, fries, veggies w/dip (for preschool), corn (for toddlers), Bananas, Milk (skim & whole to under 2)	52	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)	2	
<b>Wednesday</b> -Other Special Diet- non dairy		Omit provolone on sandwich, omit ranch- replace with hummus	1	
<b>Thursday CENTER CLOSED</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)	50	Breadsticks with marinara sauce Milk (skim & whole to under 2)
<b>Thursday</b> Vegetarian/non-pork option		Homemade Macaroni and Cheese- vegetarian burger, cottage cheese Strawberries- broccoli, Milk (skim & whole to under 2)	4	
<b>Thursday</b> - Other Special Diet- non dairy		Homemade macaroni and cheese made with non-dairy cheese	1	
<b>Friday CENTER CLOSED</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)	53	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)	1	
<b>Friday</b> -- Other Special Diet- non dairy		Pizza made with sauce, pepperoni, & non-dairy cheese	1	Omit ranch- sub. with hummus

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