

**MSUM Early Education Center
2023-2024 School Year
December 4th-29th, 2023**

Week 1 December 4th-8th	Breakfast	Lunch	Lunch meal count needed:	Snack
Monday-	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
Monday- Vegetarian/non-pork option		Spaghetti w/non-meat sauce Garlic Breadstick- Cottage Cheese- Romaine Salad Pineapple- milk (skim & whole to under 2)	2	
Monday- Other Special Diet needs				
Tuesday	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)
Tuesday- Vegetarian/non-pork option		Tacos-Tortilla shells- vegetarian meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	2	
Tuesday- Other Special Diet needs-				
Wednesday	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)
Wednesday- Vegetarian/non- pork option		Veggie burger on a bun, cheese cubes, fries, pickles, veggies and dip Peaches- Milk (skim & whole to under 2)	2	
Wednesday- Other Special Diet needs				
Thursday-	Oranges WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Waffles w/syrup Scrambled eggs, tater tots Pears- milk (skim & whole to under 2)	52	Goldfish crackers Melon Water
Thursday Vegetarian		Waffles w/syrup Scrambled eggs- tater tots Pears- milk (skim & whole to under 2)	2	
Thursday- Other Special Diet needs-EGG ALLERGY		Paleo pancakes w/syrup Cheese cubes- tater tots Pears- milk (skim & whole to under 2)	1	
Friday	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)	55	Saltine Crackers, String Cheese, Apples Water
Friday- Vegetarian/non-pork option		Cheese Quesadilla Steamed broccoli Tortilla chips/salsa, applesauce- milk (skim & whole to under 2)		
Friday- Other special diet needs-				

**Center must be PEANUT FREE
Milks needed daily include: Lactose free, oat, whole, and skim**

Week 2 Dec. 11th-15th	Breakfast	Lunch	Lunch meal count needed:	Snack
Monday	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)
Monday- Vegetarian/non-pork option		Broccoli mushroom cheddar rice casserole, cheese cubes, corn, dinner roll (non-wheat) mandarin oranges, milk (skim & whole to under 2)	2	
Monday- Other Special Diet needs-				
Tuesday	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
Tuesday- Vegetarian/non-pork option		Veggie burger/bun, cheese cubes, cucumbers & dip, Fritos, melon, milk (skim & whole to under 2)	2	
Tuesday – Other Special Diet needs				
Wednesday	Applesauce WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Homemade Macaroni and Cheese- beef meatballs, Strawberries- steamed carrots (toddler), carrots & dip (preschoolers) Milk (skim & whole to under 2)	53	Raisins yogurt Graham crackers water
Wednesday- Vegetarian/non-pork option		Homemade Macaroni and Cheese- veggie burger, cottage cheese, Strawberries- steamed carrots (toddlers), carrots & dip (preschoolers) Milk (skim & whole to under 2)	2	
Wednesday – Other Special Diet needs-				
Thursday	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) Tater tot- Milk (skim & whole to under 2)	53	Cheese cubes Hard boiled egg Milk (skim & whole to under 2)
Thursday Vegetarian/non-pork option		Grilled Cheese Sandwich, hard-boiled egg, Watermelon (or oranges if not in season), Carrots w/dip Tater tot- Milk (skim & whole to under 2)	2	
Thursday- other special diet needs- EGG ALLERGY at snack			1	Cheese cubes Saltines Milk (skim & whole to under 2)
Friday	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)	55	Apple sauce Cheese-it crackers Milk (skim & whole to under 2)
Friday Vegetarian/non-pork option		Cheese Pizza Yogurt, pears Corn (for toddlers)- carrot sticks with ranch (for preschoolers) Milk (skim & whole to under 2)		
Friday- Other Special Diet needs-				

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Week 3 Dec. 18th-22nd	Breakfast	Lunch	Lunch Meal count needed:	Snack
Monday	Applesauce 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)
Monday Vegetarian /non-pork option		Veggie wrap w/cheese, white plain rice, romaine lettuce, peaches, milk (Skim & whole to under 2)	2	
Monday - Other Special Diet needs-				
Tuesday -	Melon 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)
Tuesday Vegetarian/non-pork option		Tacos-Tortilla shells- vegetarian meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)	2	
Tuesday - Other Special Diet				
Wednesday	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)	53	Goldfish crackers Pears Water
Wednesday Vegetarian/non-pork option		Baked rigatoni with roasted tomato, corn, dinner roll, apples, milk (skim & whole to under 2)	2	
Wednesday - Other Special Diet-				
Thursday-	Watermelon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Pancakes w/syrup, scrambled eggs, tater tots, mandarin oranges, milk (skim & whole to under 2)	52	String cheese- turkey slices Apple slices water
Thursday –vegetarian or non-pork option		Pancakes w/syrup, scrambled eggs, tater tots, mandarin oranges, milk (skim & whole to under 2)	2	String cheese Apple silices water
Thursday –Other Special Diet needs- EGG ALLERGY		Pancakes w/syrup, cheese cubes, tater tots, mandarin oranges, milk (skim & whole to under 2)	1	
Friday-	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) peaches, cheese cubes, milk (skim & whole to under 2)	52	Blueberry muffins Milk (skim & whole to under 2)
Friday vegetarian/non-pork option		Cheese quesadilla, with salsa, Carrots w/dip peaches, milk (skim & whole to under 2)	2	
Friday –Other Special Diet needs- EGG ALLERGY		Cheese quesadilla (sub. for fish)	1	Omit muffin- sub with graham crackers

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Week 4 CENTER CLOSED Dec. 25th-29th	Breakfast	Lunch	Lunch meal counts:	Snack
Monday-	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)	53	Mini bagels w/cream cheese Applesauce Water
Monday Vegetarian/non-pork option		Vegetarian Lasagna, breadstick, Lettuce Salad or Steamed Carrots pineapple- Milk (skim & whole to under 2)	2	
Monday-- Other Special Diet-				
Tuesday	Melon WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Beef tater tot casserole, steamed Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)	53	Yogurt Banana water
Tuesday- Vegetarian/non-pork option		Brazilian zucchini casserole, Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)	2	
Tuesday-- Other Special Diet-				
Wednesday	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)	53	Cereal (Kix, Cheerios, or Life) Milk (skim & whole to under 2)
Wednesday 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	
Wednesday - Other Special Diet- n				
Thursday	Pears WG Cereal: Cheerios, Kix, and/or Life Milk (skim & whole to under 2)	Homemade Macaroni and Cheese- beef meatballs, Strawberries, broccoli, Milk (skim & whole to under 2)	53	Breadsticks with marinara sauce Milk (skim & whole to under 2)
Thursday Vegetarian/non-pork option		Homemade Macaroni and Cheese- vegetarian burger, cottage cheese Strawberries- broccoli, Milk (skim & whole to under 2)	2	
Thursday- Other Special Diet-				
Friday	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)	55	Cucumber coins w/ranch Saltines String cheese Water
Friday- 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)		
Friday-- Other Special Diet			1	Omit ranch- sub. with hummus

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