

**MSUM Early Education Center
2021-2022 School Year
May 23rd- June 17th, 2022**

Week 1 May 23rd-27th	Breakfast	Lunch	Lunch meal count needed:	Snack
Monday	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)		Cottage cheese, oranges, saltine crackers Water
Monday- Vegetarian/non-pork option		Tacos-Tortilla shells- vegetarian meat, lettuce, cheese, tomatoes, sour cream Banana Milk (skim & whole to under 2)		
Monday- Other Special Diet needs- Non dairy		Non- dairy cheese		Non- Dairy cottage cheese
Tuesday	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)		Tortilla chips Salsa Milk (skim & whole to under 2)
Tuesday- Vegetarian/non-pork option		Spaghetti w/non-meat sauce Garlic Breadstick- Cottage Cheese- Romaine Salad Pineapple- milk (skim & whole to under 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)		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)		
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, tator tots Pears- milk (skim & whole to under 2)		Goldfish crackers Melon Water
Thursday Vegetarian		Waffles w/syrup Scrambled eggs- tator tots Pears- milk (skim & whole to under 2)		
Thursday- Other Special Diet needs- non dairy		Paleo pancakes (non-dairy)		Sub. goldfish with other cracker for non-dairy
Thursday- Other Special Diet needs-EGG ALLERGY		Paleo pancakes w/syrup Cheese cubes- tator tots Pears- milk (skim & whole to under 2)	12 (for whole classroom)	
Friday	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)		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- non dairy		Bean Quesadilla		Omit string cheese replace with Almond milk

Center must be PEANUT FREE

Milks needed daily include: Coconut, whole lactose free, skim lactose free, unsweetened almond, whole, and skim

Week 2 May 30th-June 3rd	Breakfast	Lunch	Lunch meal count needed:	Snack
Monday CENTER CLOSED	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)		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)		
Monday- Other Special Diet needs- Non Dairy		Penne pasta made with spaghetti sauce and chicken		Omit cream cheese, add hummus
Tuesday	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)		Animal crackers Peaches water
Tuesday- Vegetarian/non-pork option		Veggie burger/bun, cheese cubes, cucumbers & dip, Fritos, melon, milk (skim & whole to under 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- meatballs, Strawberries-steamed carrots (toddler), carrots & dip (preschoolers) Milk (skim & whole to under 2)		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)		
Wednesday – Other Special Diet needs- Non Dairy		Macaroni with beef meat sauce		Omit yogurt- add almond milk
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) Tator tot- Milk (skim & whole to under 2)		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 Tator tot- Milk (skim & whole to under 2)	2	
Thursday- other special diet needs- NON Dairy		Grilled ham sandwich, omit cheese		Saltines Hard boiled eggs
Thursday- other special diet needs- EGG ALLERGY at snack			12 whole class	Cheese cubes Crackers (12 for whole class) 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)		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- Non dairy		Pizza made with sauce and pepperoni (no cheese), hummus and carrots, pears No ranch		Substitute Cheese-its for non-dairy cracker (saltines).

Center must be PEANUT FREE

Milks needed daily include: Coconut, whole lactose free, skim lactose free, unsweetened almond, whole, and skim

Week 3 June 6th-10th	Breakfast	Lunch	Lunch Meal count needed:	Snack
Monday	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)		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)		
Monday- Other Special Diet needs- Non dairy				Omit butter on bread
Tuesday	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)		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)		
Tuesday - Other Special Diet- non dairy		Non-dairy cheese, omit sour cream		
Wednesday	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)		Goldfish crackers Pears Water
Wednesday Vegetarian/non-pork option		Baked rigatoni with roasted tomato, corn, dinner roll, apples, milk (skim & whole to under 2)		
Wednesday - Other Special Diet- non dairy		Turkey noodle with non-dairy		Omit goldfish and sub. with saltines
Thursday-	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)		String cheese- turkey slices Apple slices water
Thursday –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)		String cheese Apple silices water
Thursday –Other Special Diet needs-non dairy				Omit string cheese can sub. almond milk if needed Serve: Turkey slices & apple slices
Thursday –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)	12 (whole class)	
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) Apples, cheese cubes, milk (skim & whole to under 2)		Blueberry muffins Milk (skim & whole to under 2)
Friday vegetarian/non-pork option		Cheese quesadilla, with salsa, Carrots w/dip Applesauce, milk (skim & whole to under 2)		
Friday-- Other Special Diet needs Non Dairy		Omit cheese cubes		
Friday –Other Special Diet needs- EGG ALLERGY				Omit muffin- sub with graham crackers

Center must be PEANUT FREE

Milks needed daily include: Coconut, whole lactose free, skim lactose free, unsweetened almond, whole, and skim

Week 4 June 13th-17th	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)		Yogurt Banana water
Monday Vegetarian/non-pork option		Vegetarian Lasagna, breadstick, Lettuce Salad or Steamed Carrots pineapple- Milk (skim & whole to under 2)		
Monday- - Other Special Diet- non dairy		Lasagna made with dairy free cheese		Non dairy yogurt
Tuesday	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)		Breadsticks with marinara sauce Milk (skim & whole to under 2)
Tuesday- Vegetarian/non-pork option		Brazilian zucchini casserole, Carrots Mandarin Oranges Dinner roll- Milk (skim & whole to under 2)		
Tuesday-- Other Special Diet				
Wednesday	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)		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)		
Wednesday -Other Special Diet- non dairy		Omit provolone on sandwich, omit ranch- replace with hummus		
Thursday	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)		Mini bagels w/cream cheese Applesauce Water
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- non dairy		Homemade macaroni and cheese made with non-dairy cheese		Omit cream cheese
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)		Cucumber coins w/ranch Wheat thins 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- non dairy		Cheese pizza made with non-dairy cheese		Omit ranch- sub. with hummus

Center must be PEANUT FREE

Milks needed daily include: Coconut, whole lactose free, skim lactose free, unsweetened almond, whole, and skim