

What's on the Menu?

Ann Arbor Public Schools: Preschool Lunch Menu – October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Grilled Chicken Breast Brown Rice Steamed Broccoli Banana and Strawberries</p> <p>Sunbutter and Jelly</p>	<p>4</p> <p>Cheesy Italian Pull Apart Marinara Sauce Campbell's Tomato Soup Unsweetened Applesauce</p> <p>Turkey and Cheese Sandwich</p>	<p>5</p> <p>Stuffed Crust Cheese Pizza Lettuce and Spinach Salad Chilled Peaches</p> <p>Sunbutter and Banana Roll Up</p>	<p>6</p> <p>Classic Burger Seasoned Corn Fresh Banana</p> <p>Gardenburger on Whole Grain</p>	<p>7</p>
<p>10</p> <p>Chicken Nuggets Breadstick Seasoned Carrots Unsweetened Applesauce</p> <p>Vegan Chic'n Nuggets Breadstick</p>	<p>11</p> <p>Classic American Burger Tater Tots Pineapple Tidbits</p> <p>Sunbutter and Jelly</p>	<p>12</p> <p>Cheese Lasagna Rollup Fresh Broccoli Sliced Fresh Apples</p> <p>Macaroni and Cheese Breadstick</p>	<p>13</p> <p>Cheesy Italian Pull Apart Marinara Sauce Savory Green Beans Fresh Banana</p> <p>Sunbutter and Banana Roll Up</p>	<p>14</p> <p>Cheesy Italian Pull Apart Marinara Sauce Sunbutter and Grape Jelly Sandwich Fresh Whole Fruit Fresh Celery Sticks</p>
<p>17</p> <p>Classic Chicken Sandwich Seasoned Corn Sliced Fresh Apples</p> <p>Gardenburger on Whole Grain</p>	<p>18</p> <p>Taco Day! Seasoned Beef Shredded Cheddar Cheese Salsa/ Low Fat Sour Cream Seasoned Broccoli Florets Chilled Peaches</p> <p>Sunbutter Sandwich</p>	<p>19</p> <p>Cheese Pizza Savory Green Beans California Mixed Fruit</p> <p>Sunbutter and Banana Roll Up</p>	<p>20</p> <p>Turkey and Cheese Sub Fresh Carrots Unsweetened Applesauce</p> <p>WG Grilled Cheese Sandwich</p>	<p>21</p>
<p>24</p> <p>Cheese Pizza Savory Green Beans Chilled Peaches</p> <p>Gardenburger on Whole Grain</p>	<p>25</p> <p>Sunbutter Sandwich Seasoned Corn Sliced Fresh Apples</p> <p>Sunbutter and Banana Roll Up</p>	<p>26</p> <p>Cheese Lasagna Rollup Steamed Broccoli Florets Chilled Diced Pears</p> <p>Cheesy Italian Pull Apart/Marinara Sauce</p>	<p>27</p> <p>Breakfast for Lunch! Waffles Scrambled Eggs Hash Brown Patty Unsweetened Applesauce</p> <p>Vegan Chic'n Nuggets Breadstick</p>	<p>28</p>
<p>31</p> <p>Grilled Chicken Breast Brown Rice Steamed Broccoli Banana and Strawberries</p> <p>Sunbutter and Jelly</p>		<p>1</p>	<p>2</p>	<p>3</p>

A Student Meal Includes: Choice of (1) one entrée item from above, daily fruit and vegetable bar and choice of 1% white milk or 1% chocolate milk

What's on the Menu?

Ann Arbor Public Schools: Preschool Breakfast Menu – October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain French Toast Sticks Fresh Pear Fresh Whole Fruit	4 Whole Grain Blueberry Muffin Low-Fat Mozzarella String Cheese Red Delicious Apple Halved Fresh Whole Fruit	5 Whole Grain Pancake Bites Fresh Banana Fresh Whole Fruit	6 Corn Chex Cereal Strawberry Banana Bash Yogurt Red and Green Seedless Grapes Fresh Whole Fruit	7
10 Whole Grain Waffles Fresh Pear Fresh Whole Fruit	11 Whole Grain Apple Cinnamon Muffin Low Fat Mozzarella String Cheese Red Delicious Apple Halved Fresh Whole Fruit	12 Pancakes Fresh Banana Fresh Whole Fruit	13 Cheerios Cereal Triple Cherry Yogurt Blueberries Fresh Whole Fruit	14 Bagel Cream Cheese Strawberry Jam Low Fat Mozzarella String Cheese Fresh Whole Fruit Fresh Banana
17 Whole Grain French Toast Sticks Fresh Pear Fresh Whole Fruit	18 Whole Grain Blueberry Muffin Low Fat Mozzarella String Cheese Red Delicious Apple Halved Fresh Whole Fruit	19 Pancakes Fresh Banana Fresh Whole Fruit	20 Corn Chex Cereal Strawberry Banana Bash Yogurt Red and Green Seedless Grapes Fresh Whole Fruit	21
24 Whole Grain Waffles Fresh Pear Fresh Whole Fruit	25 Whole Grain Apple Cinnamon Muffin Low Fat Mozzarella String Cheese Red Delicious Apple Halved Fresh Whole Fruit	26 Pancakes Fresh Banana Fresh Whole Fruit	27 Cheerios Cereal Triple Cherry Yogurt Blueberries Fresh Whole Fruit	28
31 Whole Grain French Toast Sticks Fresh Pear Fresh Whole Fruit		1	2	3

A Student Meal Includes: Choice of (1) one entrée item from above, daily fruit and vegetable bar and choice of 1% white milk or 1% chocolate milk

What's on the Menu?

Ann Arbor Public Schools: Preschool Snack Menu – October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Cheez-It Crackers Sliced Cucumbers	4 Cranberry Granola Raspberry Rainbow Yogurt	5 Pretzel Heartzels Fresh Cauliflower Florets	6 Cinnamon Goldfish Graham Crackers Fresh Carrots	7
10 Tostitos Tortilla Chips Salsa	11 Whole Grain Animal Crackers Fresh Broccoli Florets	12 Cheddar Goldfish Crackers Fresh Grape Tomatoes	13 Bug Bites Graham Crackers Fresh Carrots	14 Bug Bites Graham Crackers Fresh Broccoli Florets
17 Whole Grain Cheez-It Crackers Sliced Cucumbers	18 Cranberry Granola Raspberry Rainbow Yogurt	19 Pretzel Heartzels Fresh Cauliflower Florets	20 Cinnamon Goldfish Graham Crackers Fresh Carrots	21
24 Tostitos Tortilla Chips Salsa	25 Whole Grain Animal Crackers Fresh Broccoli Florets	26 Cheddar Goldfish Crackers Fresh Grape Tomatoes	27 Bug Bites Graham Crackers Fresh Carrots	28
31 Whole Grain Cheez-It Crackers Sliced Cucumbers		1	2	3

A Student Meal Includes: Choice of (1) one entrée item from above, daily fruit and vegetable bar and choice of 1% white milk or 1% chocolate milk