



# Yang Fan Preschool

## January Snack and Lunch Menu

### WEEK 1/28 - 2/1/13

#### Monday, 1/28

AM – Cheerios & Fresh Fruit

Lunch – Fried Rice

PM – Wheat Thins & Cheese

Meatless Fried Rice (V)

#### Tuesday, 1/29

AM – Wheat Thins & Low Fat Yogurt

Lunch – Bagels & Sausage & Vegetable

PM – Cheez-its & Fresh Fruit

Bagels & Cream Cheese & Vegetable (V)

#### Wednesday, 1/30

AM – Graham Crackers & Applesauce

Lunch - Pasta & Meat Sauce & Vegetable

PM – Goldfish & Cheese

Pasta & Marinara Sauce & Vegetable (V)

#### Thursday, 1/31

AM – Cheerios & Fresh Fruit

Lunch – Mac & Cheese, Sausage & Vegetable

PM – Goldfish & Low Fat Yogurt

Mac & Cheese & Vegetable (V)

#### Friday, 2/1

AM – Goldfish & Applesauce

Lunch – Meat Pizza & Vegetable

PM – Cheerios & Low Fat Yogurt

Cheese Pizza & Vegetable (V)

\*\*Milk 1% and Water are offered daily with Snack and Lunch\*\*