

El Cajon Wesleyan Preschool

OCTOBER 2023 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Week 1	Breakfast Life, Banana, Milk Lunch Corn Dogs, Broccoli, Mixed Fruit, Milk Snack Fruit, Milk	Breakfast Waffles, Juice, Milk Lunch Spaghetti, Salad Pears, Milk Snack Ritz Cracker, Milk	Breakfast Cereal, Raisins, Milk Lunch Chicken Enchiladas, Refried Beans Pineapples, Milk Snack Veggie, Milk	Breakfast Bagels, Juice, Milk Lunch Grilled Cheese, Cucumbers, Peaches, Milk Snack Pudding, Milk	Breakfast Cherrios, Cranraisins, Milk Lunch Turkey Ham & Cheese Sandwich Carrots, Oranges, Milk Snack Fish Crackers, Milk				
Week 2	Breakfast Life, Bananas, Milk Lunch Chicken Nuggets, Salad, Mixed Fruit, Milk Snack Club Cracker, Cheese, Milk	Breakfast Yogurt, Blueberries, Cheerios, Milk Lunch Taterot Casserole, Peas Applesauce, Milk Snack Jello, Milk	Breakfast Cereal, Banana, Milk Lunch Chicken Soup, Crackers, Apples, Milk Snack Fruit, Milk	Breakfast Pancakes, Juice, Milk Lunch Beans & Weenies, Bread Pears, Milk Snack Trail Mix & Milk	Breakfast Cherrios, Juice, Milk Lunch Bologna & Cheese Sandwich, Carrots, Oranges, Milk Snack Fish Crackers, Milk				
Week 3	Breakfast Life, Bananas, Milk Lunch Chilli, Corn, Crackers, Apples, Milk Snack Fruit, Milk	Breakfast Waffles, Juice, Milk Lunch Bean & Cheese Burritos, Celery, Pears, Milk Snack Wheat Thins, Milk	Breakfast Cereal, Raisins, Milk Lunch Chicken Alfredo, Salad, Applesauce, Milk Snack Veggie, Milk	Breakfast Bagels, Juice, Milk Lunch Pizza Muffins, Green Beans, Pineapples, Milk Snack Rice Crispies Treat, Milk	Breakfast Cheerios, Cranraisins, Milk Lunch Bologna & Cheese Sandwich Carrots, Oranges, Milk Snack Fish Crackers, Milk				
Week 4	Breakfast Life, Bananas, Milk Lunch Cheeseburgers, Salad, Pears, Milk Snack Fruit, Milk	Breakfast Yogurt, Blueberries, Cheerios, Milk Lunch Chicken & Rice, Broccoli Pineapple, Milk Snack Wheat Thins, Cheese, Milk	Breakfast Cereal, Bananas Lunch Tortillas Chips & Beans, Cucumbers, Apples, Milk Snack Muffins, Milk	Breakfast Pancakes, Juice, Milk Lunch Sloppy Joes, Corn, Fruit Cocktail, Milk Snack Celery Log, Milk	Breakfast Cheerios, Juice, Milk Lunch Turkey Ham & Cheese Sandwich Carrots, Oranges, Milk Snack Fish Crackers, Milk				
Week 5	Breakfast Life, Bananas, Milk Lunch Meatballs, Broccoli, Applesauce, Milk Snack Trail Mix, Milk	Breakfast Waffles, Juice, Milk Lunch BBQ Chicken Sandwich, Corn, Apples, Milk Snack Veggie, Milk							

1 yr. Whole Milk 2-5 yrs. 1% Milk

Updated 9.1.22