

Lake Harriet United Methodist Preschool- January 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ● Main Entrée ● Vegetarian Entrée ● Cold Sandwich Option ● Vegetable Side ● Fruit Side 	<p>We provide organic whole milk to children under 2 yrs old and organic 1% milk to children 2 and older.</p>	NO SCHOOL- NEW YEARS DAY	<ul style="list-style-type: none"> ● Vegan Meatball Sub ● Peas ● Cantaloupe <p>Breakfast: belvita, fruit pouch, milk AM Snack: WG Crackers & clementines PM Snack: yogurt pouch, raisins</p>	<ul style="list-style-type: none"> ● Tofu Stir-Fry ● Corn ● Watermelon <p>Breakfast: cheerios, melon, milk AM Snack: hummus, WG crackers PM Snack: banana, WG crackers</p>
<ul style="list-style-type: none"> ● Pesto Pasta ● Green Beans ● Honeydew <p>Breakfast: cereal bar, clementines, milk AM Snack: string cheese, WG crackers PM Snack: apples, WG crackers</p>	<ul style="list-style-type: none"> ● Agra Burger ● Veggie Burger ● Peas & Carrot Blend ● Orange Slices <p>Breakfast: cheerios, melon, milk AM Snack: WG crackers, bell pepper PM Snack: string cheese, WG crackers</p>	<ul style="list-style-type: none"> ● Chicken Tenders w/ Roasted Potatoes ● Roasted Vegetable Sandwich ● Carrots (Medallions) ● Cantaloupe <p>Breakfast: bananas, yogurt, milk AM Snack: guacamole, WG crackers PM Snack: raisins, WG crackers</p>	<ul style="list-style-type: none"> ● Black Bean Tacos ● Celery ● Watermelon <p>Breakfast: belvita, banana, milk AM Snack: apples, WG crackers PM Snack: cucumber, hummus</p>	<ul style="list-style-type: none"> ● Chicken Teriyaki Bowl ● Tofu Teriyaki Bowl ● Cauliflower Blend ● Applesauce <p>Breakfast: cereal bar, clementines, milk AM Snack: cheerios, craisins PM Snack: string cheese, apple</p>
<ul style="list-style-type: none"> ● Spaghetti w/ Tomato Sauce ● Broccoli ● Cantaloupe <p>Breakfast: raisins, belvita, milk AM Snack: string cheese, WG crackers PM Snack: apples, WG crackers</p>	<ul style="list-style-type: none"> ● Raw Vegetable Sandwich ● Roasted Chicken & Cheese Wrap ● Peas ● Honeydew <p>Breakfast: melon, cereal bar, milk AM Snack: WG crackers, hummus PM Snack: bell peppers, WG crackers</p>	<ul style="list-style-type: none"> ● Chicken Fried Rice ● Tofu Fried Rice ● Green Beans ● Orange Slices <p>Breakfast: clementines, cheerios, milk AM Snack: granola bites, banana PM Snack: raisins, WG crackers</p>	<ul style="list-style-type: none"> ● Italian Dunkers w/ Tomato Sauce ● Carrots (Medallions) ● Applesauce <p>Breakfast: belvita, fruit pouch, milk AM Snack: string cheese, WG crackers PM Snack: cucumbers, WG crackers</p>	<ul style="list-style-type: none"> ● Chicken Noodle Soup w/ Bread Roll ● Roasted Vegetable Sandwich ● Corn ● Watermelon <p>Breakfast: cheerios, raisins, milk AM Snack: banana, WG crackers PM Snack: WG crackers, string cheese</p>
<p style="text-align: center;">20</p> <p>NO SCHOOL- MLK DAY PROFESSIONAL DEVELOPMENT</p>	<ul style="list-style-type: none"> ● Black Bean Taco Bowl ● Cauliflower Blend ● Cantaloupe <p>Breakfast: cereal bar, clementines, milk AM Snack: WG crackers, guacamole PM Snack: cucumbers, WG crackers</p>	<ul style="list-style-type: none"> ● Macaroni 'N' Cheese ● Peas & Carrot Blend ● Watermelon <p>Breakfast: belvita, bananas, milk AM Snack: cheerios, craisins PM Snack: bell peppers, string cheese</p>	<ul style="list-style-type: none"> ● Chicken Stir-Fry ● Tofu Stir-Fry ● Broccoli ● Orange Slices <p>Breakfast: melon, cereal bar, milk AM Snack: guacamole, WG crackers PM Snack: string cheese, apples</p>	<ul style="list-style-type: none"> ● Vegan Meatball Sub ● Peas ● Applesauce <p>Breakfast: banana, cheerios, milk AM Snack: apples, WG crackers PM Snack: yogurt, fruit bar</p>
<ul style="list-style-type: none"> ● Alfredo Pasta ● Corn ● Orange Slices <p>Breakfast: raisins, belvita, milk AM Snack: string cheese, WG crackers PM Snack: apples, WG crackers</p>	<ul style="list-style-type: none"> ● Agra Burger ● Veggie Burger ● Green Beans ● Watermelon <p>Breakfast: melon, cereal bar, milk AM Snack: WG crackers, hummus PM Snack: bell peppers, WG crackers</p>	<ul style="list-style-type: none"> ● Black Bean Tacos ● Peas & Carrot Blend ● Honeydew <p>Breakfast: clementines, cheerios, milk AM Snack: granola bites, banana PM Snack: raisins, WG crackers</p>	<ul style="list-style-type: none"> ● Corn Dog w/ Roasted Potatoes ● Carrots (Medallions) ● Applesauce <p>Breakfast: belvita, fruit pouch, milk AM Snack: string cheese, WG crackers PM Snack: cucumbers, WG crackers</p>	<ul style="list-style-type: none"> ● Chicken Wild Rice Soup w/ Bread Roll ● Raw Vegetable Sandwich ● Celery ● Cantaloupe <p>Breakfast: cheerios, raisins, milk AM Snack: banana, WG crackers PM Snack: WG crackers, string cheese</p>