













BVO Preschool- Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit Salad & Toast	Banana Bread & Fruit	Hot Oatmeal & Fruit	Carrot Bread & Fruit	Blueberry/Raspher ry Crumble bars
<div style="display: flex; justify-content: space-between; align-items: center;">  Water is served with all meals  </div>					
LUNCH TIME	Green Salad Chick Pea Mac & Cheese cooked Vegetable	Pita Pizza with Green Salad	Ceasar Salad Spagetti & Meatsauce Garlic Bread	Pulled Pork Tacos, Rice and Coleslaw	Veggies & Dip Honey Garlic Glazed Fish, Rice Cooked Vegetables
<div style="display: flex; justify-content: space-between; align-items: center;">  Milk is served at every lunch time along with Fruit for dessert!  </div>					
AFTERNOON SNACK	Apple, tortilla chips with salsa	Apples & Cheese	Fruit Smoothies made with Yogurt	Spinach Dip, veggies & crackers	Cucumber & rice cake
<p>Please be aware that menu items are always subject to availability and are subject to change at short notice!</p> <p style="color: blue; font-weight: bold;">If your child has allergies or dislikes please make sure you let their teacher know</p>					





BVO Preschool- Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	apple slices & cheese	Frozen Yogurt Granola Bars	Toasted English Muffins with Cheese & cucumber	Fruit Salad & Crackers	Chocolate Zuchinn Cookies & fruit
 Water is served with all meals 					
LUNCH TIME	Green Salad Tuna & Vegetable casserole with cooked veg	Homemade Chicken Noodle Soup Grilled Cheese Sandwiches	Ceasar Salad Vegetarian Lasagna with white sauce Garlic Bread	Green Salad Chili with toppers of Sour Cream & Cheese & Bun	Veggies & Dip Oatmeal Pancakes with Porkhash
 Milk is served at every lunch time along with Fruit for dessert! 					
AFTERNOON SNACK	Rice Cakes with wow butter, jam & fruit	Trail Mix with fruit	Veggies and dip, crackers	Yogurt & Homemade cookies	Wow butter, banana pita rolls
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BVO Preschool- Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cereal & fruit	Toasted Bagels with WOW Butter & Fruit	Fruit Smoothies made with yogurt	Hot Oatmeal & Fruit	Applesauce & Cheese
					
LUNCH TIME	Green Salad Cheesy Broccoli Rice Casserole	Green Salad Herb & Bread Crusted Fish with Rice cooked vegetable	Veggies & dip Chicken & chickpea pasta cooked vegetable	Green salad vegetarian pizza with Red Kidney Bean Sauce	Cesar Salad Spaghetti Pie cooked veg Brazilian Cheese Bread
		Milk is served at every lunch time along with Fruit for dessert!			
AFTERNOON SNACK	Frozen Yogurt Bark & fruit	Crackers with cream cheese & jam	Fruit muffins & Fruit	Spinach Cheese dip with veg & crackers	Cookies & fruit
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BVO Preschool- Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	yogurt & fruit	toasted crumpets with jam & fruit	banana bread & fruit	Applesauce & cheese	hot oatmeal & fruit
 Water is served with all meals 					
LUNCH TIME	Tacos with Ceasar Salad	Veggies and Dip Filipino Chicken Stew with Jasmine Rice & Pita Crisps	Green Salad, TunaPotato Bake Garlic Bread	green Salad Chicken and Vegetable Stir Fry with rice and	veggies Creamy Homemade Soup with white beans Grilled Cheese Sandwiches
 Milk is served at every lunch time along with Fruit for dessert! 					
AFTERNOON SNACK	Apples & Cheese	Shreddie Nachos	Veggies & Dip & Crackers	Yogurt & Fruit	Rice cakes with wow butter & Fruit
<p>Please be aware that menu items are always subject to availability and are subject to change at short notice!</p> <p>If your child has allergies or dislikes please make sure you let their teacher know</p>					

BVO Preschool- Week Five

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cold cereal with Milk & fruit	Toasted English Muffin with Cheese & cucumber	Applesauce & Cheese	Hot Oatmeal with Milk & Fruit	Fruit Muffin & Fruit
 Water is served with all meals 					
LUNCH TIME	Veggies & Dip Chicken Vegetable Quesidillas	Cesar Salad Hamburger Hash with Rice & cooked veg	Roasted Lemon Potatoes Cooked Vegetables Pork Tenderloin	Salad & Tuna Melts	Veggies & Dip Turkey Stew with Toasted Buns
 Milk is served at every lunch time along with Fruit for dessert! 					
AFTERNOON SNACK	Veggies & cheese	Homemade cookies & Fresh Fruit	Veggies & hummus	Fruit Salad & Cheese	Veggies & Trail Mix
<p>Please be aware that menu items are always subject to availability and are subject to change at short notice!</p> <p style="text-align: center;">If your child has allergies or dislikes please make sure you let their teacher know</p>					