









# BVO Preschool- Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Fruit Salad & Toast	Banana Bread & Fruit	Hot Oatmeal & Fruit	Scones & Fruit	Blueberry/Raspberry Crumble bars
 <b>Water is served with all meals</b> 					
<b>LUNCH TIME</b>	Green Salad Chick Pea Mac & Cheese cooked Vegetable	Chicken Ceasar 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
 <b>Milk is served at every lunch time along with Fruit for dessert!</b> 					
<b>AFTERNOON SNACK</b>	No Bake (Wow Butter) Honey Oat Bars & Apples	Apples & Cheese	Fruit Smoothies made with Yogurt	Spinach Dip, veggies & crackers	w/w pita crisps & quacamole
<p>Please be aware that menu items are always subject to availability and are subject to change at short notice!</p> <p><b>If your child has allergies or dislikes please make sure you let their teacher know</b></p>					

## BVO Preschool- Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>MORNING SNACK</b>	apple slices & cheese	Frozen Yogurt Granola Bars	Toasted English Muffins with Cheese & cucumber	Fruit Salad & Crackers	Chocolate Zuchinn Cookies & fruit	
		<b>Water is served with all meals</b>				
<b>LUNCH TIME</b>	Green Salad Tuna & Vegetable casserole with cooked veg	Homemade Chicken Noodle Soup Grilled Cheese Sandwiches	Cesar Salad Vegetarian Lasagna with Navy/ Black Beans Garlic Bread	Green Salad Chili with toppers of Sour Cream & Cheese & Bun	Veggies & Dip French Toast with homemade sausage	
		<b>Milk is served at every lunch time along with Fruit for dessert!</b>				
<b>AFTERNOON SNACK</b>	Rice Cakes with wow butter, jam & fruit	Pumpkin Oat cookies with fruit	Egg & Cheese Quinoa Muffins & fruit	Yogurt & Homemade cookies	Wow butter, banana pita rolls	
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## BVO Preschool- Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	yogurt & fruit	toasted crumpets with jam & fruit	banana bread & fruit	Applesauce & cheese	hot oatmeal & fruit
 <b>Water is served with all meals</b> 					
<b>LUNCH TIME</b>	Tacos with Ceasar Salad	Veggies and Dip Mexican Stew with Jasmine Rice & Pita Crisps	Green Salad, Tuna Mac & Cheese Garlic Bread	green Salad Chicken and Vegetable Stir Fry with rice and	veggies Creamy Homemade Soup with white beans Grilled Cheese Sandwiches
 <b>Milk is served at every lunch time along with Fruit for dessert!</b> 					
<b>AFTERNOON SNACK</b>	Apples & Cheese	Shreddie Nachos	Veggies & Dip & Crackers	Yogurt & Fruit	Rice cakes with wow butter & Fruit





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**If your child has allergies or dislikes please make sure you let their teacher know**

# BVO Preschool- Week Five

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>MORNING SNACK</b>	Cold cereal with Milk & fruit	Toasted English Muffin with Cheese & cucumber	Applesauce & Cheese	Hot Oatmeal with Milk & Fruit	Fruit Muffin & Fruit	
		<b>Water is served with all meals</b>				
<b>LUNCH TIME</b>	Veggies & Dip Fetticini with Chick Pea Alfredo Sauce Garlic Bread	Ceasar Salad Hamburger Hash with Rice & cooked veg	Scalloped Potatoes Cooked Vegetables Pork Tenderloin	Salad & Tuna Melts	Veggies & Dip Turkey Stew with Toasted Buns	
						
<b>AFTERNOON SNACK</b>	Boiled Eggs & Crackers	Homemade cookies & Fresh Fruit	Shreddie Nachos	Fruit Salad & Cheese	Veggies & Dip & Crackers	
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## BVO Preschool- Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Cereal & fruit	Toasted Bagels with WOW Butter & Fruit	Fruit Smoothies made with yogurt	Hot Oatmeal & Fruit	Applesauce & Cheese
					
<b>LUNCH TIME</b>	Green Salad Cheesy Scrambled Eggs Toast Fingers	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 garlic bread
	<b>Milk is served at every lunch time along with Fruit for dessert!</b>				
<b>AFTERNOON SNACK</b>	Frozen Yogurt Bark & fruit	Homemade granola bars & fruit	Fruit muffins & Fruit	Spinach Cheese dip with veg & crackers	Fruit Scones & fruit
<p><b>Please be aware that menu items are always subject to availability and are subject to change at short notice!</b></p> <p><b>If your child has allergies or dislikes please make sure you let their teacher know</b></p>					

