

BVO Preschool- Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit Salad & Toast	Banana Bread & Fruit	Hot Oatmeal & Fruit	Carrot Bread & Fruit	Cheese & Trail Mix
 Water is served with all meals 					
LUNCH TIME	Veggies & Dip Chick Pea Mac & Cheese cooked Vegetable	Green Salad Ceasar Pita Pizza	Ceasar Salad Spagetti & Meatsauce Garlic Bread	Coleslaw Pulled Pork Sandwich	Veggies & Dip Honey Garlic Glazed Fish, Rice Cooked Vegetables
 Milk is served at every lunch time along with Fruit for dessert! 					
AFTERNOON SNACK	Apple, tortilla chips with salsa	Apples & Cheese	Fruit Smoothies made with Yogurt	Spinach Dip, veggies & crackers	Cucumber & rice cake
Please be aware that menu items are always subject to availability and are subject to change at short notice! If your child has allergies or dislikes please make sure you let their teacher know					

BVO Preschool- Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	apple slices & cheese	Apple Overnight Oats	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 Sundried Tomato, Spinach , Feta Quiche	Green Salad Chili with toppers of Sour Cream & Cheese & Bun	Veggies & Dip French Toast 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 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	Lentil Bars & 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	Ceasar Salad Beef Taco Pie	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 Cheesy Cauliflower Homemade Soup 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
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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	Ceasar Salad Phillycheese Hamburger Sliders & cooked veg	Roasted Lemon Potatoes Cooked Vegetables Pork Tenderloin	Salad Tuna Salad Wraps	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
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