

Epiphany Early Learning Preschool

July 24-28, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>(Milk, whole/enriched grain, fruit/veg)</i>	Oatmeal with Summer Fruits Whole Wheat English Muffins (WGR) with Jam and Sunflower Butter Yogurt Milk	Organic Raisin Bran Vegan Muffins Apple Sauce Orange Slices Milk	Pancakes with Bananas Raspberries Vegetarian Sausages Cheddar Cheese Squares Milk	Scrambled Pumpfu with Smoked Cheddar and Spinach Turkey Bacon Whole Wheat Toast (WGR) Raspberries Milk	Cottage Cheese with Sauteed Julienne Apples and Ginger Syrup Turkey Sausages Vegan Muffins Milk
AM snack <i>(Choose 2 from milk, whole/enriched grain, meat/alternate, fruit/veg)</i>	Apple Slices Triscuits (WGR) Water	Mango & Strawberry Smoothies String Cheese Water	Honeydew Melons Graham Crackers Water	Chia Porridge Fresh Berries Water	Apple Slices Cheddar Cheese Slices Water
Lunch <i>(Milk, whole/enriched grain, meat/alternate, fruit/veg x2)</i>	Tuna Melt Sandwiches or Grilled Cheese on Multigrain Bread (WGR) Classic Tomato Soup Carrot Sticks and Cherry Tomatoes Pineapple and Grapes Milk	Chicken and Shrimp Jambalaya Corn Bread Cucumber and Tomato Salad Watermelon Milk	Warm Focaccia with Summer Vegetables and Fresh Mozzarella Chilled Corn Soup Cantaloupe Milk	Vegan Gluten-free Zucchini and Summer Squash Lasagna Green Beans and Carrots Opal Apples Milk	Lamb Meatloaf Mashed Potatoes Brussels Sprouts Orange Slices Milk
PM snack <i>(Choose 2 from milk, whole/enriched grain, meat/alternate, fruit/veg)</i>	Focaccia Bread Hummus & Carrots Water	Orange Slices Graham Crackers Water	Banana Muffins Strawberries Water	Onigiri Fresh Veggies Water	Blueberry Muffins Pineapple Chunks Water

WGR - Whole Grain Rich

Menu is subject to change, to incorporate fresh in-season produce and special foods relating to our current curriculum.

Vegetarian Substitutes

1. Chicken – Jack Fruit
2. Salmon – Nori Wrapped Marinated Fried Tofu
3. Tuna – Vegetable Noodle Casserole with Nutritional Yeast
4. Vegetarian Sausage – Veggie Crumbles
5. Chicken Sausage – Vegetarian Sausage
6. Scrambled Eggs- Silken Tofu

Meals are served with 4 ounces of whole milk for children 1-2 years old.

Meals are served with 6 ounces of 1% milk for children over two years of age.

AND JUSTICE FOR ALL: In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Parent feedback: