**First Environments Lunch Menu**

Middlers & Preschool

September 11 - 15, 2023

**Monday**

**Breakfast**

Whole Grain Toasted O’s Cereal, D’Anjou Pear Slices and \*Milk

**Lunch**

Homemade Macaroni and Cheese, Broccoli, Pink Lady Apple Slices and \*Milk

**Snack**

Corn Tortilla Chips with Salsa and \*Milk

**Tuesday**

**Breakfast**

Toasted English Muffin with Strawberry Jam. Orange Slices and \*Milk

**Lunch**

Homemade Chicken Tacos (wg) with Cheese, Corn, Fuji Apple Slices and \*Milk

**Snack**

Whole Grain Graham Crackers and \*Milk

**Wednesday**

**Breakfast**

Homemade Blueberry Muffin (ww), Watermelon and \*Milk

**Lunch**

Homemade Chicken Lo Mein, Peas, Pink Lady Apple Slices and \*Milk

**Snack**

Whole Grain Cheddar Goldfish Crackers and \*Milk

**Thursday**

**Breakfast**

Toasted Bagel with Cream Cheese, Orange Slices and \*Milk

**Lunch**

HomemadeCheese Pizza on a Whole Grain Crust, Green Beans**,** Fuji Apple Slices and \*Milk

**Snack**

Whole Grain Cheez-It Crackers and \*Milk

**Friday**

**Breakfast**

Whole Grain Kix Cereal, Banana and \*Milk

**Lunch**

Homemade Turkey and Provolone Wrap, Organic Carrots with Homemade Ranch Dip, Pink Lady Apple Slices and \*Milk

**Snack**

Pretzels and \*Milk

**Menu is subject to change**.

\*Milk served can be Whole, Lactaid, 1%, or Soy Milk.

\*\*Apple Juice is made from 100% Fruit Juice. Serving size is 4 ounces

\*\*\*Portion Size, Saturated Fats and Sodium are in accordance with Department of Agriculture’s Child and Adult Care Food Program\*\*\*\*Items in **Color** are made with **Vegetables** grown in the FEELC GardensPlease email or call us if you have any questions or suggestions [kenwilliams.feelc@gmail.com](mailto:kenwilliams.feelc@gmail.com) [sueespersen@yahoo.com](mailto:sueespersen@yahoo.com) or call the Kitchen directly: 919-541-2450\*\*\*\*\*This institution is an Equal Opportunity Provider.