



November 2-6, 2009 Menu

Evangel Christian Pre-Academy



	BREAKFAST	LUNCH (W/MILK)	AFTERNOON SNACK
MONDAY	Milk Cereal-Rice Krispies Fruit Cocktail Toast	Milk Tostadas-beans, lettuce, tomatoes, cheese, corn, peaches, tortilla	Celery/cottage cheese juice
TUESDAY	Milk Waffles Pears	Milk, Turkey/ham sandwich, soup (Vegetable), Pineapple tid bits	Water Sliced apples Caramel sauce
WEDNESDAY	Milk Danishes Mandarin oranges	Milk Fish sticks, fries, peas, applesauce, bread	Juice Cheese squares Saltines
THURSDAY	Milk Raisin Bran Fruit Cocktail, mini bagels	Milk, noodles w/alfredo sauce & meatballs, green beans, orange wedges, wheat roll	Water Carrots & ranch
FRIDAY	Milk Oatmeal, applesauce, toast	Milk Pizza, Salad, tropical fruit	Cooks choice