

# January 2019 Menu

Discovery Isle Preschool\* 3791 Oceanic Way Oceanside, CA 92056

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31	1	2	3	4
			Waffles, Fruit & Milk	Cereal w/ Milk	English Muffins w/ Jelly
Lunch	School Closed	School Closed	Grilled Cheese w/ Tomato Soup & Fruit	Turkey /Cheese Fresh Wrap & Fruit	Mini Corn Dogs, Fruit & Veggies
PM Snack			Apple Slices & Cheese Sticks	Graham Crackers & Cream Cheese	Animal Crackers & Fruit
	7	8	9	10	11
Breakfast	English Muffins w/ Jelly	Waffles, Fruit & Milk	French Toast, Fruit & Milk	Bagels w/ Cream Cheese	Cereal w/ Milk
Lunch	Spaghetti w/ Meatballs, Fruit & Veggies	Mac N Cheese, Fruit & Veggies	Chicken Nuggets, Fruit & Veggies	Mini Corn Dogs, Fruit & Veggies	Pizza, Fruit & Veggies
PM Snack	Animal Crackers & Pudding	Goldfish & Applesauce	Crackers & Sliced Cheese	Apple Slices & Cheese Sticks	Graham Crackers & Cream Cheese
	14	15	16	17	18
Breakfast	Waffles, Fruit & Milk	English Muffins w/ Jelly	Cereal w/ Milk	Pancakes, Fruit & Milk	Bagels w/ Cream Cheese
Lunch	Turkey & Cheese Fresh Wrap & Fruit	Mini Corn Dogs, Fruit & Veggies	Mac N Cheese, Fruit & Veggie	Grilled Cheese w/ Tomato Soup & Fruit	Bean & Cheese Burrito, Fruit & Veggies
PM Snack	Graham Crackers & Cream Cheese	Cheese Its & Fruit	Goldfish & Applesauce	Crackers & Sliced Cheese	Apple Slices & Cheese Sticks
	21	22	23	24	25
Breakfast	Cereal w/ Milk	Waffles, Fruit & Milk	English Muffins w/ Jelly	Bagels w/ Cream Cheese	French Toast, Fruit & Milk
Lunch	Grilled Cheese w/ Tomato Soup & Fruit	Turkey & Cheese Fresh Wrap & Fruit	Chicken Nuggets, Fruit & Veggies	Mac N Cheese, Fruit & Veggie	Pizza, Fruit & Veggies
PM Snack	Cheese Its & Fruit	Animal Crackers & Pudding	Graham Crackers & Cream Cheese	Apple Slices & Cheese Sticks	Goldfish & Applesauce
	28	29	30	31	
Breakfast	Cereal w/ Milk	English Muffins w/ Jelly	Bagels w/ Cream Cheese	French Toast, Fruit & Milk	* Milk available at all meal times  * Veggies: carrots, peas, cucumber, & broccoli  * Fruit : apples, bananas, pear, oranges & cocktail
Lunch	Turkey & Cheese Fresh Wrap & Fruit	Grilled Cheese w/ Tomato Soup & Fruit	Mini Corn Dogs, Fruit & Veggies	Chicken Nuggets, Fruit & Veggies	
PM Snack	Goldfish & Applesauce	Graham Crackers & Cream	Animal Crackers & Pudding	Cheese Its & Fruit	