

Peachtree Road Lutheran Preschool
Breakfast/Snack Menu - January 2022

3 Ham and cheese sandwich	4 Apple cinnamon oatmeal	5 Scrambled eggs and toast	6 Parmesan cheese grits Sausage	7 Scrambled eggs and toast
Fruit juice Veggie straw	Rice and veggies crisps Apple sauce	Apple sauce Garbanzo puffs	String cheese Rice and veggie crisps	Hummus and pitta bread
10 Cheddar cheese grits Sausage	11 Scrambled eggs, and toast	12 Strawberry oatmeal	13 Scrambled eggs, ham and toast	14 Banana pancake Fruit jelly
Animal crackers Apple sauce	Corn chips Gogurt	Fruit pouches String cheese	Yogurt and granola	Veggie straw Fruit juice
17 MLK DAY NO SCHOOL	17 Mixed berry oatmeal	19 Scrambled eggs and Toast	20 Ham and cheese sandwich	21 Scrambled eggs and toast
	Hummus and pitta bread	Fruit juice Veggie straws	String cheese Rice and veggie crisps	Apple sauce Garbanzo puffs
24 Cheddar cheese grits Sausage	25 Scrambled eggs and toast	26 Banana Pancake Strawberry jelly	27 Scrambled eggs and toast	28 Strawberries oatmeal
Yogurt and granola	Fruit juice Veggie straw	String cheese Animal crackers	Gogurt Garbanzo puffs	Fruit and vegetables pouch Multigrain chips
31 Ham and cheese sandwich				

Belvita String cheese				
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- Organic fresh fruit and organic milk is served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at chefrogerio@live.com

By Executive Chef Rogerio Martins