

Peachtree Road Lutheran Preschool
Breakfast/Snack Menu - July 2022

				1 Parmesan grits Chicken sausage
				Animal crackers Apple sauce
4 4 th of July	5 No School	6 Strawberry oatmeal	7 Scrambled eggs, ham and toast	8 Yogurt and granola
		Fruit pouches String cheese	Yogurt and granola	Green pea chips Fruit juice
11 Cheddar cheese grits Sausage	12 Mixed berry oatmeal	13 Scrambled eggs and Toast	14 Ham and cheese sandwich	15 Scrambled eggs and Toast
Gogurt Garbanzo puffs	Hummus and pitta bread	Fruit juice Veggie straws	String cheese Rice and veggie crisps	Apple sauce Tortilla chips
18 Ham and cheese sandwich	19 Yogurt and granola	20 Scrambled eggs and toast	21 Strawberries oatmeal	22 Scrambled eggs and toast
Belvita String cheese	Fruit juice Veggie straw	Apple sauce Animal crackers	Gogurt Garbanzo puffs	Fruit and vegetables pouch Multigrain chips
25 Cheddar cheese grits Sausage	26 Ham and cheese sandwich	27 Scrambled eggs and Toast	28 Mixed berries oatmeal	29 Yogurt and granola

Veggie straw Fruit juice	Corn chips Gogurt	Hummus and pitta bread	String cheese Rice and veggie crisps	Apple sauce Tortilla chips
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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