

BBO MENU 2

BUILDING BLOCKS OF OCALA PRESCHOOL

Month: _____ Week: _____

Meal Pattern Food Components	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	Milk	Milk	Milk	Milk	Milk
Grains, Egg or Chesse	Rice Krispies	Egg & Cheese Omelets	Corn Flakes	Pancakes	Blueberry Muffins
Fruit, Juice or Vegetable	Oranges	Tropical Fruit Mix	Banana	Oranges	Apples
LUNCH					
Milk	Milk	Milk	Milk	Milk	Milk
Meat, poultry, fish, eggs, cheese or cheese food product	Chicken Nuggets	Bean & Chesse Burrito	Cheese Sticks	Baked Turkey & Gravy	Meatballs / Tomato Sauce
Vegetables and / or fruit 2 or more)	Peas / Mangos	French Fries / Pineapples	Salad / Peaches	Corn / Tropical Fruit	Salad / Applesauce
Bread or bread alternative	Wheat Breading	Wheat Bread	Wheat Crust	Brown Rice	Wheat Pasta
SNACK (pick 2)					
Milk, 100% Juice, Fruit or Veggies	Applesauce	Grape Juice	Salsa / Apple Juice	Bananas	Grape Juice
meat, meat alternative / bread, bread alternative	Cheez It Crackers	Banana Bread	Corn Tortillas	Apple Muffins	Pretzels

Type(s) of Milk Offered: 1's: Unflavored Whole Milk 2's - 5's: Unflavored Skim or 1% Milk 6's and Older: Unflavored Skim or 1% Milk
 Purified Drinking Water Available All Day