

**Level Up Preschool Menu
January 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
B - French toast sticks, berries S - Applesauce, crackers S - Pretzels, carrots	B - Yogurt, english muffin S - Cucumbers, crackers S - Level Up trail mix	B - Cereal, banana S - Rice cakes, fruit leather S - Cheese and crackers	B - Mini muffin, oranges S - Goldfish crackers, carrots S - Level Up trail mix	B - Bagel, apples S - Cheese and pretzels S - Manderine orange, graham crackers
11	12	13	14	15
B - Cereal, banana S - Cucumbers, crackers S - Graham crackers, raisins	B - Croissant, oranges S - Apples, yogurt S - Level Up trail mix	B - Mini muffin, string cheese S - Goldfish, blueberries S - Veggie chips, raisins **EARLY RELEASE DAY**	B - Oatmeal, apples S - Cheese and crackers S - Level Up trail mix	B - Bacon, toast, oranges S - Pretzels, applesauce S - Goldfish crackers, raisins
18	19	20	21	22
B - French toast sticks, berries S - Applesauce, crackers S - Pretzels, carrots	B - Yogurt, english muffin S - Cucumbers, crackers S - Level Up trail mix	B - Cereal, banana S - Rice cakes, fruit leather S - Cheese and crackers	B - Mini muffin, oranges S - Goldfish crackers, carrots S - Level Up trail mix	B - Bagel, apples S - Cheese and pretzels S - Manderine orange, graham crackers
25	26	27	28	29
B - Cereal, banana S - Cucumbers, crackers S - Graham crackers, raisins	B - Croissant, oranges S - Apples, yogurt S - Level Up trail mix	B - Mini muffin, string cheese S - Goldfish, blueberries S - Veggie chips, raisins	B - Oatmeal, apples S - Cheese and crackers S - Level Up trail mix	B - Bacon, toast, oranges S - Pretzels, applesauce S - Goldfish crackers, raisins