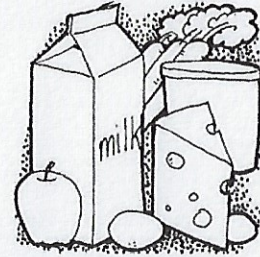




Houma First United Methodist
PRESCHOOL



The Early Years

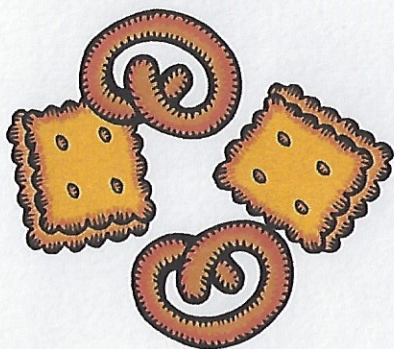
WINTER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Mashed Red Beans & Rice with Bite Size Sausage Cucumber slices Sliced Oranges Milk	Chicken Noodle Soup with Peas & Carrots Crackers Pear Slices Milk	Chili Crackers Pineapple tidbits Milk	Bite size Pizza Cream Style Corn Applesauce Milk	Bite Size Chicken Nuggets with ketchup Macaroni & Cheese Cooked carrots Cookie Milk
Mashed White Beans & Rice with Bite Size Sausage Cucumber slices Mandarin Oranges Milk	Chicken & Sausage Gumbo w/ Rice Crackers Sliced Peaches Milk	Bite Size Beef Taco Cheese Cream Style Corn Pear Slices Milk	Fish Sticks (halved) with ketchup Tater tots Cooked carrots Pineapple tidbits	Grilled Cheese Sandwiches (quartered) Cheese Puffs Cooked Vegetables Cookie Milk
Mashed Red Beans & Rice with Bite Size Sausage Cucumber slices Sliced Oranges Milk	Chicken Noodle Soup with Peas & Carrots Crackers Pear Slices Milk	Chili Crackers Pineapple tidbits Milk	Bite size Pizza Cream Style Corn Applesauce Milk	Bite Size Chicken Nuggets with ketchup Macaroni & Cheese Cooked carrots Cookie Milk
Mashed White Beans & Rice with Bite Size Sausage Cucumber slices Mandarin Oranges Milk	Chicken & Sausage Gumbo w/ Rice Crackers Sliced Peaches Milk	Bite Size Beef Taco Cheese Cream Style Corn Pear Slices Milk	Fish Sticks (halved) with ketchup Tater tots Cooked carrots Pineapple tidbits	Grilled Cheese Sandwiches (quartered) Cheese Puffs Cooked Vegetables Cookie Milk

*Menu subject to change

*All Foods Are Baked

Updated 01/09/2023



Houma First United Methodist
PRESCHOOL
 PRESCHOOL & EARLY YEARS
"Snack Attack"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
a.m. Cereal Milk	a.m. Animal Crackers Milk	a.m. Graham Crackers 100 % Fruit Juice	a.m. Pop-tarts Milk	a.m. Cookies Milk
p.m. Whales 100% Fruit Juice	p.m. Vanilla Wafers Water	p.m. Yummy Munch Water	p.m. Teddy Grahams Water	p.m. Vanilla Wafers 100% Fruit Juice
a.m. Graham Crackers 100% Fruit Juice	a.m. Vanilla Wafers 100% Fruit Juice	a.m. Cookies Milk	a.m. Cereal Milk	a.m. Pop-tarts Milk
p.m. Vanilla Pudding Milk	p.m. Whales Water	p.m. Nutra Grain Bar Water	p.m. Critter Munch 100% Fruit Juice	p.m. Cookies Milk
a.m. Nutra Grain Bar Milk	a.m. Graham Crackers 100% Fruit Juice	a.m. Cereal Milk	a.m. Cookies Milk	a.m. Pop-tarts Milk
p.m. Teddy Grahams Water	p.m. Whales Water	p.m. Animal Crackers Milk	p.m. Vanilla Wafers Water	p.m. Yummy Munch 100% Fruit Juice
a.m. Graham Crackers 100% Fruit Juice	a.m. Vanilla Wafers Milk	a.m. Pop-tarts 100% Fruit Juice	a.m. Cereal Milk	a.m. Graham Crackers 100% Fruit Juice
p.m. Whales Water	p.m. Nutra Grain Bar Water	p.m. Animal Crackers Milk	p.m. Critter Munch Water	p.m. Cookies Milk

August 9, 2022