

Preschool

Snack & Cooking Schedule Winter 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Cooking Project	AM: Making Pie	AM: Baking Bread	AM: Making Quesadillas and Chopping Cukes and Peppers	AM: Preparing Chickpeas with olive oil and seasoning	AM: Making Granola
Morning Snack	Banana Oatmeal & Granola Topping with Fresh Fruit	Farina with Apple Sauce and Fresh Fruit	Banana Oatmeal & Granola Topping with Fresh Fruit	Farina with Apple Sauce and Fresh Fruit	Banana Oatmeal & Granola Topping with Fresh Fruit
Afternoon Snack	Pie, Pasta with tomato sauce and bread with Earth Balance	Rice and Black Beans with Cucumbers and Peppers	Cheese Quesadillas (Sunbutter tortilla for a dairy-free option) with Cucumbers and Peppers	Roasted Chickpeas and Mashed Sweet Potatoes	Leftovers including grain, protein and vegetable