



**Sample Menu for Pre-School Nutrition Program
April and May 2010**

Week of	Snack 1	Snack 2
April 5	Non local Salad greens and dressing	Raisins and Craisins
April 12	Non local bananas	Local Cheese
April 19	Local yogurt	Non-local veggie tray
April 26	Locally made hummus and baby carrots	Local Applesauce (Musselmans)
May 3	Local asparagus with low fat ranch dressing	Local pretzels
May 10	Fruit leather	Non-local fruit tray
May 17	Local Salad Greens with shredded carrots and light Italian Dressing	Local Apple Slices
May 24	Local strawberries	Non-local broccoli and low fat ranch dressing

