



THE EAGLE UPDATE

PRESCHOOL NEWSLETTER - September 6, 2024

Message from Miss Teri

It's been another great week in preschool. Please remember to take your child's papers out of their preschool envelope and return it empty in their backpack each preschool day. Also, if you are returning paperwork back to us put it in the envelope. We do not check backpacks but we will check their envelopes.

Lunch is Week 3.

Book orders are due September 20. [Click here to order.](#)

Week 1					
Protein	Orange Chicken	Pork Flat Iron Slices	Grilled Chicken Breast	Lasagna Rollups	Cheese Pizza
Starch	Steamed Rice	Baked Potato Slices	Mozzarella Sticks		
Vegetable	Corn	Mixed Vegetables	Baby Carrots	Mixed Vegetables	Mixed Vegetables
Fruit	Apple Slices	Mandarin Orange Slices	Diced Peaches	Kiwis	Applesauce
Week 2					
Protein	Mac & Cheese w/ Ham	Roast Turkey Breast Slices	Beef Ravioli w/ Marinara Sauce	Pulled Pork	Pepperoni Pizza
Starch		Cheesy Mashed Potatoes		Bun	
Vegetable	Mixed Vegetables	Roast Broccoli w/ Parmesan	Mixed Vegetables	Roast Green Beans	Mixed Vegetables
Fruit	Whole Mandarin Oranges	Bananas	Grapes	Applesauce	Apple Slices
Week 3					
Protein	Chicken Cheese Pasta	Chicken Parmesan	Chicken Strips	Chicken Tortellini Alfredo	Cheese Pizza
Starch		Mashed Potatoes	Twice Baked Potatoes		
Vegetable	Green Beans w/ Bacon Bits	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Fruit	Kiwis	Diced Peaches	Apple Slices	Bananas	Mandarin Orange Slices
Week 4					
Protein	Chicken Fettuccini Alfredo	Scrambled Eggs w/ Ham & Pork Sausage Patty	Spaghetti w/ Meatballs	Sloppy Joe Meat	Pepperoni Pizza
Starch		Biscuit w/ Jelly		Bun	
Vegetable	Roast Green Beans	Corn	Roast Broccoli w/ Parmesan	Mashed Potatoes	Mixed Vegetables
Fruit	Apple Slices	Bananas	Whole Mandarin Oranges	Kiwis	Applesauce
All Menus subject to change without notice, a close substitute will be offered based on availability					
Items highlighted in Pink are as Gluten Friendly as we can make them					

Serving Sizes: _____
 Protein: 4oz
 Starch: 3oz
 Vegetable: 1/4 Cup
 Fruit: 1/4 Cup
 Protein & Starch(e.g.: Pastas): 6oz
 Pizza: 2 Slices

Mixed Vegetable Blends (Used as Available)	
Bahamas	Spring
Italian	Pacific
Capri	German
Five Way	Mediterranean
Winter	Pea & Carrot
California	Key Largo



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