

# LANA Preschool Program

## Sample Program Timeline

Week		Veg / Fruit of the Week	Suggested Cooking Project	Classroom Tasting	Take-Home Materials	Special Events
Month 1	Week 1 (A)	Kiwi	Kiwi Smile Snacks	Kiwi	Parent Letter Fruit Basket	Eating the Alphabet Theme Week
	Week 2 (B)	Sweet Potato	Sweet potato spread w/ Graham crackers	Sweet Potato	Parents Talk #1	
	Week 3 (A)	Sugar Snap Peas	Vegetables flowers	Sugar Snap Peas		
	Week 4 (B)	Strawberries	Mousetail Snacks	Strawberries		
Month 2	Week 5 (A)	Apricots	Pretend egg sandwich	Apricots		
	Week 6 (B)	Broccoli	Broccoli forest	Broccoli	Parent Letter Take-Home Tasting Kit	Vegetarian Animals Theme Week Family Event: Team Tasting Challenge
	Week 7 (A)	Sweet Red Pepper	Red pepper wrap	Sweet Red Pepper	Parents Talk #2	
	Week 8 (B)	Cherry Tomatoes	Cherry tomato kabobs	Cherry Tomatoes		
Month 3	Week 9 (A)	Kiwi	Stoplight snack	Kiwi		
	Week 10 (B)	Sweet Potato	Sweet potato oven fries	Sweet Potato	Parent Letter Take-Home Tasting Kit	Our Senses Teach Us Theme Week Family Event: Make Family Meals Count!
	Week 11 (A)	Sugar Snap Peas	Sugar snap pea salad	Sugar Snap Peas	Parents Talk #3	
	Week 12 (B)	Strawberries	Stone cold soup	Strawberries		
Month 4	Week 13 (A)	Apricots	Surprise muffins	Apricots		
	Week 14 (B)	Broccoli	Broccoli wrap	Broccoli		
	Week 15 (A)	Sweet Red Pepper	Pepper pita pizza	Sweet Red Pepper	Parent Letter Take-Home Tasting Kit	Inside/Outside Theme Week
	Week 16 (B)	Cherry Tomatoes	Boulders, trees and trunks salad	Cherry Tomatoes	Parents Talk #4	
Month 5	Week 17 (A)	Kiwi	Rainbow fruit salad			
	Week 18 (B)	Sweet Potato	Sweet potato smoothie			
	Week 19 (A)	Sugar Snap Peas	Stuffed sugar snap peas	Sugar Snap Peas	Parent Letter Take-Home Tasting Kit	Growing Things Theme Week
	Week 20 (B)	Strawberries	Strawberry Freeze		Parents Talk #5	
Month 6	Week 21 (A)	Apricots	Tropical apricot salad			
	Week 22 (B)	Broccoli	Vegetable Lasagna			
	Week 23 (A)	Sweet Red Pepper	Rainbow vegetable Salad			
	Week 24 (B)	Cherry Tomatoes	Veggie Bagel Face	Cherry Tomatoes	Parent Letter LANA Cookbook	Foods For Everyone Theme Week Family Event: Cooking Tour Finale

A = Lunch/Snack menus feature Kiwi, Sugar Snap Peas, Apricots & Sweet Red Pepper

B = Lunch/Snack menus feature Sweet Potatoes, Strawberries, Broccoli & Cherry Tomatoes