

Breakfast Pre-K

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Banana Muffin w/ 100% Fruit Juice
4 Blueberry Muffin w/ 100% Fruit Juice	5 Multi-Grain Cheerios w/ 100% Orange Juice	6 Corn Muffin w/ Fresh Apple Slices	7 Yogurt w/ 100% Orange Juice	8 Cheerios w/ 100% Grape Juice
11 Multi-Grain Flakes w/ 100% Grape Juice	12 Yogurt w/ Fresh Apple Slices	13 Rice Chex w/ 100% Apple Juice	14 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	15 Banana Muffin w/ Diced Peaches
18 Blueberry Muffin w/ 100% Fruit Juice	19 Multi-Grain Cinnamon Flakes w/ Diced Peaches	20 Multi-Grain Cheerios w/ Fresh Apple Slices	21 Winter Break	22 Winter Break
25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	29 Winter Break

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



Breakfast K-5

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
4 Cinnamon Crisp Bar Raisins & 100% Grape Juice	5 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	6 Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	7 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	8 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
11 Banana Muffin Raisins & Applesauce	12 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	13 Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	14 Cinnamon Toast Crunch w/Graham Crackers Apple Slices & 100% Orange Juice	15 Cinnamon Crisp Bar Raisins & 100% Grape Juice
18 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	19 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	20 Honey Cheerios w/ Graham Crackers Diced Peaches & 100% Grape Juice	21 Winter Break	22 Winter Break
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Lunch Pre-K

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MON	TUE	WED	THU	FRI
				1 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
4 Chicken Bites w/ Roasted Potatoes NEW! Vegetarian Chili w/ Brown Rice & Green Beans (V) Apple Slices	5 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables Spanish Rice & Beans w/ Plantains (V) Fresh Apple	6 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear	7 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	8 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Fresh Apple
11 Beef Burger w/ Ketchup & Green Beans Spanish Rice & Beans w/ Plantain (V) Apple Slices	12 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	13 Chicken Alfredo w/ Penne Pasta Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	14 Meatloaf w/ Gravy & Mashed Potatoes NEW! Penne w/ Chickpeas in Tomato Sauce Broccoli Orange Slices	15 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
18 Chicken Parmesan w/ Green Beans Penne w/ Tomato Sauce, & Mozzarella Cheese (V) Italian Vegetables Apple Slices	19 Spanish Rice & Beans w/ Plantains (V) Fresh Apple	20 Salisbury Steak w/ Roasted Potatoes Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	21 Winter Break	22 Winter Break
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Lunch K-5

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MON	TUE	WED	THU	FRI
				1 Chicken Breast Sandwich w/Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
4 Beef Cheeseburger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	5 Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	7 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Fresh Banana	8 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
11 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	12 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	13 Chicken Tamale w/ Baby Carrots & Ranch Dressing French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Apple	14 Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	15 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
18 Meatloaf w/ Gravy & Mashed Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple	19 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Pear	20 NEW! Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing Cheese Raviolis w/Green Beans (V) Fresh Apple	21 Winter Break	22 Winter Break
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After School Snack

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MON	TUE	WED	THU	FRI
				1 Corn Muffin w/ 100% Orange Juice
4 Roasted Sunflower Seeds w/ 100% Fruit Juice	5 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	6 NEW! Whole-Grain Sunchips w/ 100% Orange Juice	7 Mozzarella String Cheese w/ Fresh Large Apple	8 Whole-Grain Graham Crackers w/ 100% Orange Juice
11 Whole-Grain Pretzels w/ 100% Orange Juice	12 Whole-Grain Graham Crackers w/ 100% Fruit Juice	13 Blueberry Muffin w/ Mozzarella String Cheese	14 NEW! Quaker Chewy Bar w/100% Fruit Juice	15 Tostitos Scoops w/ 100% Apple Juice
18 Whole-Grain Cheez-its w/ 100% Fruit Juice	19 NEW! Doritos Cool Ranch w/100% Orange Juice	20 Whole-Grain Graham Crackers w/ 100% Apple Juice	21 Winter Break	22 Winter Break
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