

Breakfast Pre-K

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Frosted Flakes w/ 100% Grape Juice	3 Yogurt w/ Fresh Apple Slices	4 Honey Cheerios w/ Mixed Fruit Cup	5 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	6 Banana Muffin w/ 100% Fruit Juice
9 No school	10 Multi-Grain Cheerios w/ 100% Orange Juice	11 Corn Muffin w/ Fresh Apple Slices	12 Yogurt w/ 100% Orange Juice	13 Cheerios w/ 100% Grape Juice
16 Multi-Grain Flakes w/ 100% Grape Juice	17 Yogurt w/ Fresh Apple Slices	18 Rice Chex w/ 100% Apple Juice	19 No School for students	20 No School for students
23 Blueberry Muffin w/ 100% Fruit Juice	24 Multi-Grain Cinnamon Flakes w/ Diced Peaches	25 Multi-Grain Cheerios w/ Fresh Apple Slices	26 Yogurt w/ 100% Orange Juice	27 Cheerios w/ 100% Grape Juice
30 Multi-Grain Frosted Flakes w/ 100% Grape Juice	31 Yogurt w/ Fresh Apple Slices			

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
- Skin Unflavored Milk

Please Note

- Locally Grown Component Served Daily
- Menu is subject to change
- Vegetarian Meal Options are indicated with a "V"



Breakfast K-5

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	3 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	4 Cinnamon Raisin Bagel w/ Butter Diced Peaches & 100% Grape Juice	5 Honey Cheerios w/ Graham Crackers Apple Slices & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
9 No School	10 Cinnamon Crisp Bar Raisins & 100% Grape Juice	11 Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	13 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
16 Banana Muffin Raisins & Applesauce	17 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	18 Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	19 No School for students	20 No School for students
23 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	24 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	25 Honey Cheerios w/ Graham Crackers Diced Peaches & 100% Grape Juice	26 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	27 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
30 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	31 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple			

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WHITSON'S
Culinary Group

Lunch Pre-K

OCTOBER 2023

MON

TUE

WED

THU

FRI

2 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Apple Slices	3 Chicken Mole w/ Brown Rice Pilaf & Green Peas Spanish Rice & Beans w/ Plantain (V) Fresh Pear	4 Chicken Fingers w/ Ketchup Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	5 Penne w/ Beef Meat Sauce Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Orange slices	6 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
9 No School	10 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables Spanish Rice & Beans w/ Plantain (V) Fresh Apple	11 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear	12 BBQ Chicken w/ Sweet Mashed Potatoes Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	13 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Fresh Apple
16 Beef Burger w/ Ketchup & Green Beans Spanish Rice & Beans w/ Plantain (V) Apple Slices	17 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	18 Chicken Alfredo w/ Penne Pasta Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	19 No School for students	20 No School for students
23 Chicken Parmesan w/ Green Beans Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Apple Slices	24 Spanish Rice & Beans w/ Plantain (V) Fresh Apple	25 Salisbury Steak w/ Roasted Potatoes Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	26 Caribbean Pineapple Chicken w/ Brown Rice & Carrots Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	27 Turkey Fajita w/ Brown Rice & Corn Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
30 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Apple Slices	31 Chicken Mole w/ Brown Rice Pilaf & Green Peas Spanish Rice & Beans w/ Plantain (V) Fresh Pear			

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Lunch K-5

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	3 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	4 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	5 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	6 Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
9 No School	10 Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	11 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	12 NEW! Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Fresh Banana	13 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
16 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pita Black Beans & Tomato (V) Fresh Apple	17 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	18 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Apple	19 No School for students	20 No school for students
23 Meatloaf w/ Gravy & Mashed Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple	24 NEW! Sweet & Sour Meatballs w/ Brown Rice Cheese Raviolis (V) Green Beans Fresh Pear	25 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Apple	26 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V) Fresh Banana	27 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
30 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	31 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear			

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Snack After School

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Banana Muffin w/ 100% Orange Juice	3 Tostitos Scoops w/ 100% Fruit Juice	4 Whole-Grain Graham Crackers w/ Strawberry Yogurt	5 Whole-Grain Pretzels w/ Cheese Stick	6 Corn Muffin w/ 100% Orange Juice
9 No School	10 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	11 Whole-Grain Pretzels w/ 100% Orange Juice	12 Mozzarella String Cheese w/ Fresh Large Apple	13 Whole-Grain Graham Crackers w/ 100% Orange Juice
16 Whole-Grain Pretzels w/ 100% Orange Juice	17 Whole-Grain Graham Crackers w/ 100% Fruit Juice	18 Blueberry Muffin w/ Mozzarella String Cheese	19 No School for student	20 No School for student
23 Whole-Grain Cheez-its w/ 100% Fruit Juice	24 Corn Muffin w/ Roasted Sunflower Seeds	25 Whole-Grain Graham Crackers w/ 100% Apple Juice	26 Apple Cinnamon Muffin w/ Mozzarella String Cheese	27 Whole-Grain Pretzels w/ 100% Orange Juice
30 Banana Muffin w/ 100% Orange Juice	31 Tostitos Scoops w/ 100% Fruit Juice			

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