

# Breakfast Pre-K

August 2024

MON

TUE

WED

THU

FRI

			1	2
5	6	7	8	9
Cheerios w/ 100% Grape Juice	Strawberry Yogurt w/ Fresh Apple	Honey Cheerios w/ Mixed Fruit Cup	Corn Muffin w/ Fresh Apple	Cinnamon Raisin Bagel w/ Butter 100% Fruit Juice
12	13	14	15	16
Blueberry Muffin w/ 100% Fruit Juice	Strawberry Yogurt w/ Fresh Apple	Cheerios w/ 100% Grape Juice	Corn Muffin w/ Fresh Apple	Multi-Grain Cheerios w/ 100% Orange Juice
19	20	21	22	23
Cheerios w/ 100% Grape Juice	Strawberry Yogurt w/ Fresh Apple	Rice Chex w/ 100% Apple Juice	Multi-Grain Cheerios w/ Fresh Apple	Banana Muffin w/ Diced Peaches
26	27	28	29	30
Blueberry Muffin w/ 100% Fruit Juice	Strawberry Yogurt w/ Fresh Apple	Cheerios w/ 100% Grape Juice	Corn Muffin w/ Fresh Apple	Multi-Grain Cheerios w/ 100% Orange Juice

## DID YOU KNOW...

- ✓ All grain products are whole grain 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% Milk and Skim Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change.

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# Breakfast K-12

August 2024

MON

TUE

WED

THU

FRI

5

Multi-Grain Cheerios  
w/ Graham Crackers  
Raisins & Applesauce

6

Strawberry Yogurt w/  
Graham Crackers  
**or**  
Pancakes w/ Syrup  
Fresh Apple & Diced  
Pineapple

7

Cinnamon Raisin Bagel  
w/ Butter  
**or**  
French Toast w/ Syrup  
Diced Peaches & 100%  
Grape Juice

1

Honey Cheerios w/  
Graham Crackers  
**or**  
Cinnamon Bun  
Fresh Apple & 100%  
Orange Juice

2

Cherry Cocoa Bar  
Fresh Pear & 100%  
Very Berry Juice

12

Cinnamon Crisp Bar  
Raisins & 100%  
Grape Juice

13

Strawberry Yogurt w/  
Graham Crackers (V)  
**or**  
Breakfast Pizza  
Fresh Apple & Diced  
Pineapple

14

Multi-Grain Cinnamon  
Flakes w/Graham  
Crackers  
**or**  
Apple Frudel  
Diced Peaches & 100%  
Grape Juice

15

Plain Bagel w/ Cream  
Cheese  
**or**  
Waffles w/ Syrup  
Fresh Apple & 100%  
Orange Juice

16

Blueberry Muffin  
Fresh Orange & 100%  
Very Berry Juice

19

Banana Muffin  
Raisins & Applesauce

20

Strawberry Yogurt w/  
Graham Crackers  
**or**  
Apple Frudel  
Fresh Apple & Diced  
Pineapple

21

Whole-Grain Frosted  
Flakes w/ Graham  
Crackers  
**or**  
Cinnamon Butter Honey  
Biscuit  
Diced Peaches & 100%  
Grape Juice

22

Cinnamon Toast Crunch  
w/Graham Crackers  
**or**  
Pancakes w/ Syrup  
Fresh Apple & 100%  
Orange Juice

23

Cinnamon Crisp Bar  
Raisins & 100% Grape  
Juice

26

Cherry Cocoa Bar  
Fresh Pear & 100%  
Very Berry Juice

27

Strawberry Yogurt w/  
Graham Crackers  
**or**  
Cinnamon Bun  
Fresh Apple & Diced  
Pineapple

28

Honey Cheerios w/  
Graham Crackers  
**or**  
Cinnamon Butter Honey  
Biscuit  
Diced Peaches & 100%  
Grape Juice

29

Plain Bagel w/ Cream  
Cheese (V)  
**or**  
Mini Sausage & Cheese  
Flatbread  
Fresh Apple & 100%  
Orange Juice

30

Apple Jacks w/ Graham  
Crackers  
Raisins & 100% Grape  
Juice

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5

Chicken Meatballs w/  
Tomato Sauce, Mozzarella  
Cheese & Sub Roll  
**or**  
Cheese Raviolis w/ Tomato  
Sauce & Italian Vegetables  
(V)

Fresh Apple

6

Chicken Mole w/ Brown  
Rice Pilaf & Green Peas  
**or**  
Spanish Rice & Beans w/  
Plantain (V)

Fresh Pear

7

Chicken Fingers w/  
Ketchup  
**or**  
Falafel Nuggets w/ Whole  
Wheat Bread Slice (V)

Corn

Fresh Apple

1

8

Penne w/ Beef Meat  
Sauce & Italian Vegetables  
**or**  
Penne w/ Chickpeas in  
Tomato Sauce  
Broccoli (V)

Fresh Banana

2

9

Home-Style Macaroni  
& Cheese (V)

Broccoli

Fresh Apple

12

Chicken Bites w/ Roasted  
Potatoes  
**or**  
Vegetarian Chili w/ Brown  
Rice & Green Beans (V)

Fresh Apple

13

Turkey Chili w/ Whole  
Wheat Bread Slice &  
Mixed Vegetables  
**or**  
Spanish Rice & Beans  
w/ Plantain (V)

Fresh Apple

14

Cheese Raviolis w/  
Tomato Sauce (V)

Italian Vegetables

Fresh Pear

15

Adobo Chicken w/  
Cilantro Brown Rice &  
Street Corn  
**or**  
Home-Style Macaroni &  
Cheese w/ Broccoli (V)

Fresh Banana

16

Penne Pasta in Tomato  
Sauce w/ Mozzarella &  
Ricotta Cheese (V)

Italian Vegetables

Fresh Apple

19

Beef Burger w/ Ketchup &  
Green Beans  
**or**  
Spanish Rice & Beans w/  
Plantain (V)

Fresh Apple

20

Pasta & Chicken Meatballs  
in Tomato Sauce w/ Italian  
Vegetables  
**or**  
Falafel Nuggets w/ Whole  
Wheat Bread Slice & Corn  
(V)

Fresh Pear

21

Turkey Salsa Bowl w/  
Ranchero Rice & Pinto  
Beans  
**or**  
Home Style Macaroni &  
Cheese w/ Broccoli (V)

Fresh Apple

22

Meatloaf w/ Gravy &  
Mashed Potatoes  
**or**  
Penne w/ Chickpeas in  
Tomato Sauce  
Broccoli (V)

Fresh Banana

23

Cheese Pizza (V)  
Garden Salad w/ Ranch  
Dressing

Fresh Apple

26

Chicken Parmesan w/  
Green Beans  
**or**  
Penne Pasta in Tomato  
Sauce w/ Mozzarella  
Cheese & Italian  
Vegetables (V)

Fresh Apple

27

Spanish Rice & Beans (V)

Plantain

Fresh Apple

28

Salisbury Steak w/  
Roasted Potatoes  
**or**  
Falafel Nuggets w/ Whole  
Wheat Bread Slice &  
Corn (V)

Fresh Pear

29

BBQ Chicken w/ Sweet  
Mashed Potatoes  
**or**  
Home-Style Macaroni &  
Cheese w/ Broccoli (V)

Fresh Apple

30

Turkey Fajita w/ Brown  
Rice & Corn  
**or**  
Cheese Pizza w/ Garden  
Salad & Ranch Dressing  
(V)

Fresh Apple

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**WHITSONS®**  
*Prepared Meals*

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# Lunch K-8

August 2024

MON

TUE

WED

THU

FRI

5

BBQ Beef Meatballs w/  
Club Roll  
**or**  
Pasta w/ Tomato Sauce &  
Mozzarella Cheese (V)  
  
Broccoli  
  
Fresh Apple

6

Chicken Tenders w/  
Ketchup & Roasted  
Potatoes  
**or**  
Protein Pasta Alfredo w/  
Whole-Wheat Bread Slice  
& Peas (V)  
  
Fresh Pear

7

Turkey Hot Dog w/  
Ketchup & Baked Beans  
**or**  
Spanish Rice w/ Beans &  
Cheese (V)  
  
Fresh Apple

1

8

Chicken Caesar Salad w/  
Pita Bread & Ranch  
Dressing  
**or**  
Cheese Lasagna in  
Tomato Sauce w/ Green  
Beans (V)  
  
Fresh Banana

2

Chicken Breast  
Sandwich (COLD) w/ Mayo  
**or**  
French Bread Cheese  
Pizza (V)  
  
Baby Carrots w/ Ranch  
Dressing  
  
Fresh Apple

12

Beef Cheeseburger w/  
Ketchup  
**or**  
Egg & Cheese Sandwich  
w/ Ketchup (V)  
  
Roasted Potatoes  
  
Fresh Apple

13

Turkey Salsa Bowl w/  
Ranchero Rice & Pinto  
Beans  
**or**  
Latin Bean Melt  
Flatbread (V)  
  
Fresh Pear

14

Spaghetti & Beef Meatballs  
in Tomato Sauce w/  
Broccoli  
**or**  
Veggie Burger w/ Ketchup  
Garden Side Salad w/  
Ranch Dressing (V)  
  
Fresh Apple

15

Crispy Cheesy Chicken  
Biscuit Sandwich  
Celery Sticks w/ Ranch  
Dressing  
**or**  
Cobb Salad w/ Pita Bread  
(V)  
  
Fresh Banana

16

Turkey & Cheese  
Sandwich (COLD) w/ Mayo  
**or**  
Cheese Pizza (V)  
  
Baby Carrots w/ Ranch  
Dressing  
  
Fresh Apple

19

Chicken Nuggets w/  
Ketchup & Baked Beans  
**or**  
Falafel Bites w/ Quinoa  
Pilaf, Black Beans &  
Tomato (V)  
  
Fresh Apple

20

Beef Meatballs in Tomato  
Sauce w/ Club Roll  
**or**  
Home-Style Macaroni &  
Cheese (V)  
  
Broccoli  
  
Fresh Pear

21

Hot Honey Chicken  
Ciabatta Sandwich  
**or**  
French Toast Sticks w/  
Scrambled Eggs (V)  
  
Roasted Sweet Potatoes  
  
Fresh Apple

22

Adobo Chicken w/  
Cilantro Brown Rice &  
Street Corn  
**or**  
Veggie Burger w/ Ketchup  
& Roasted Potatoes (V)  
  
Fresh Banana

23

Egg Salad Sandwich  
(COLD) (V)  
**or**  
French Bread Cheese  
Pizza (V)  
  
Celery w/ Ranch Dressing  
Fresh Apple

26

Meatloaf w/ Gravy,  
Mashed Potatoes &  
Whole-Wheat Bun  
**or**  
Cheese Quesadilla w/  
Sour Cream and Street  
Corn (V)  
  
Fresh Apple

27

BBQ Chicken w/ Brown  
Rice & Baked Beans  
**or**  
Spanish Rice w/ Beans &  
Cheese (V)  
  
Fresh Pear

28

Buffalo Chicken Melt  
Flatbread  
Celery Sticks w/ Ranch  
Dressing  
**or**  
Cheese Raviolis w/ Green  
Beans (V)  
  
Fresh Apple

29

Turkey Fajita w/ Brown  
Rice & Carrots  
**or**  
Stuffed Bread Sticks w/  
Marinara Sauce & 100%  
Vegetable Juice (V)  
  
Fresh Banana

30

Southwestern Chicken Salad  
(COLD) w/ Pita Bread &  
Ranch Dressing  
**or**  
Cheese Pizza w/ Garden  
Salad & Ranch Dressing (V)  
  
Fresh Apple

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- ✓ There are no pork products on this menu
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## Lunch Milk Choices

1% Milk and Skim Milk

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*Prepared Meals*

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# Lunch 9-12

August 2024

MON

TUE

WED

THU

FRI

			1	2
5	6	7	8	9
12	13	14	15	16
<b>19</b> Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange	<b>20</b> Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	<b>21</b> Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	<b>22</b> Adobo Chicken w/Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana	<b>23</b> Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins
<b>26</b> Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange	<b>27</b> BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice & Beans w/ Cheese (V) Diced Peaches & Fresh Pear	<b>28</b> Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing <b>or</b> Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple	<b>29</b> Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	<b>30</b> Southwestern Chicken Salad w/ Pita Bread <b>or</b> Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins

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# Snack Pre-K

August 2024

MON

TUE

WED

THU

FRI

5

Blueberry Muffin  
w/ Mozzarella  
String Cheese

6

Whole-Grain  
Cheez-its w/  
100% Fruit Juice

7

Whole-Grain  
Pretzels w/ 100%  
Orange Juice

1

8

Mozzarella String  
Cheese w/ Fresh  
Large Apple

2

9

Strawberry Yogurt  
w/ Whole-Grain  
Graham Crackers

12

Whole-Grain  
Pretzels w/  
Sunbutter

13

Banana Muffin w/  
Fresh Large Apple

14

Whole Grain  
Sunchips w/ 100%  
Orange Juice

15

Whole-Grain  
Pretzels w/  
Mozzarella String  
Cheese

16

Tostitos Scoops  
w/ Fresh Large  
Apple

19

Whole-Grain  
Pretzels w/  
Hummus

20

Whole-Grain  
Sunchips w/ 100%  
Orange Juice

21

Blueberry Muffin w/  
Mozzarella String  
Cheese

22

Strawberry Yogurt  
w/ Whole-Grain  
Graham Crackers

23

Whole-Grain  
Cheez-its w/ 100%  
Fruit Juice

26

Strawberry Yogurt  
w/ Whole-Grain  
Graham Crackers

27

Tostitos Scoops w/  
100% Orange  
Juice

28

Whole-Grain  
Cheez-its w/  
100% Fruit Juice

29

Apple Cinnamon  
Muffin w/  
Mozzarella String  
Cheese

30

Whole-Grain  
Pretzels w/  
Sunbutter

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# Snack K-12

August 2024

MON

TUE

WED

THU

FRI

5

Banana Muffin w/  
100% Orange  
Juice

6

Baked Cheetos  
w/ 100% Fruit  
Juice

7

Whole-Grain  
Graham Crackers  
w/Strawberry  
Yogurt

1

Whole-Grain  
Pretzels w/  
Mozzarella String  
Cheese

2

Corn Muffin w/  
100% Orange  
Juice

12

Roasted Sunflower  
Seeds w/ 100%  
Fruit Juice

13

Whole-Grain  
Cheez-its w/ Baby  
Carrots & Ranch  
Dressing

14

Whole Grain  
Sunchips w/ 100%  
Orange Juice

15

Mozzarella String  
Cheese w/ Fresh  
Large Apple

16

Whole-Grain  
Graham Crackers  
w/ 100% Orange  
Juice

19

Whole-Grain  
Pretzels w/ 100%  
Orange Juice

20

Whole-Grain  
Graham Crackers  
w/ 100% Fruit Juice

21

Blueberry Muffin  
w/ Mozzarella  
String Cheese

22

Whole-Grain  
Cheez-its w/  
100% Fruit Juice

23

Tostitos Scoops  
w/ 100% Apple  
Juice

26

Whole-Grain  
Cheez-its w/  
100% Fruit Juice

27

Doritos Cool  
Ranch w/100%  
Orange Juice

28

Whole-Grain  
Graham Crackers  
w/100% Apple  
Juice

29

Apple Cinnamon  
Muffin w/  
Mozzarella String  
Cheese

30

Whole-Grain  
Pretzels w/ 100%  
Orange Juice

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# Supper Grab&Go

August 2024

MON

TUE

WED

THU

FRI

			1	2
5	6	7	8	9
12	13	14	15	16
19 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V)  Baby Carrots Diced Peaches	20 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	21 Build Your Own Pizza Kit (V)  Fresh Orange	22 Chicken Salad Sandwich Side Salad w/ Ranch Fresh Pear <b>or</b> Honey Bagel w/ Butter(V) Mozzarella Cheese Sticks Side Salad w/ Ranch Pineapple Cup	23 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Granola Drops (V) Baby Carrots  Applesauce
26 Strawberry Yogurt w/ Granola Drops (V)  Baby Carrots Applesauce	27 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V)  Fresh Orange	28 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	29 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	30 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)

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