

# Breakfast Pre-K

MAY 2024

MON	TUE	WED	THU	FRI
		1 Rice Chex w/ 100% Apple Juice	2 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	3 Banana Muffin w/ Diced Peaches
6 Blueberry Muffin w/ 100% Fruit Juice	7 Multi-Grain Cinnamon Flakes w/ Diced Peaches	8 Multi-Grain Cheerios w/ Fresh <b>Fresh Apple</b>	9 Yogurt w/ 100% Orange Juice	10 Cheerios w/ 100% Grape Juice
13 Multi-Grain Frosted Flakes w/ 100% Grape Juice	14 Yogurt w/ Fresh <b>Fresh Apple</b>	15 Honey Cheerios w/ Mixed Fruit Cup	16 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	17 Banana Muffin w/ 100% Fruit Juice
20 Blueberry Muffin w/ 100% Fruit Juice	21 Multi-Grain Cheerios w/ 100% Orange Juice	22 Corn Muffin w/ <b>Fresh Apple</b>	23 Yogurt w/ 100% Orange Juice	24 Cheerios w/ 100% Grape Juice
27	28 Yogurt w/ <b>Fresh Apple</b>	29 Rice Chex w/ 100% Apple Juice	30 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	31 Banana Muffin w/ Diced Peaches

## 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.

Vegetarian Meal Options are indicated with a "V"





# Breakfast K-12

MAY 2024

MON	TUE	WED	THU	FRI
		1 Multi-Grain Frosted Flakes w/Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	2 Cinnamon Toast Crunch w/Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	3 Cinnamon Crisp Bar  Raisins & 100% Grape Juice
6 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	7 Strawberry Yogurt w/ Graham Crackers <b>or</b> Cinnamon Bun <b>Fresh Apple &amp; Diced Pineapple</b>	8 Honey Cheerios w/ Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	9 Plain Bagel w/ Cream Cheese (V) <b>or</b> Mini Sausage & Cheese Flatbread <b>Fresh Apple &amp; 100% Orange Juice</b>	10 Apple Jacks w/ Graham Crackers  Raisins & 100% Grape Juice
13 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	14 Strawberry Yogurt w/ Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; Diced Pineapple</b>	15 Cinnamon Raisin Bagel w/ Butter <b>or</b> French Toast w/ Syrup  Diced Peaches & 100% Grape Juice	16 Honey Cheerios w/ Graham Crackers <b>or</b> Cinnamon Bun <b>Fresh Apple &amp; 100% Orange Juice</b>	17 Cherry Cocoa Bar  Fresh Pear & 100% Very Berry Juice
20 Cinnamon Crisp Bar  Raisins & 100% Grape Juice	21 Strawberry Yogurt w/ Graham Crackers (V) <b>or</b> Breakfast Pizza <b>Fresh Apple &amp; Diced Pineapple</b>	22 Multi-Grain Cinnamon Flakes w/Graham Crackers <b>or</b> Apple Frudel  Diced Peaches & 100% Grape Juice	23 Plain Bagel w/ Cream Cheese <b>or</b> Waffles w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	24 Blueberry Muffin  Fresh Orange & 100% Very Berry Juice
27	28 Strawberry Yogurt w/ Graham Crackers <b>Fresh Apple &amp; Diced Pineapple</b>	29 Multi-Grain Frosted Flakes w/Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	30 Cinnamon Toast Crunch w/Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	31 Cinnamon Crisp Bar  Raisins & 100% Grape Juice

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# Lunch Pre-K

MAY 2024

MON	TUE	WED	THU	FRI
		1 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans <b>or</b> Home Style Macaroni & Cheese w/ Broccoli (V) <b>Fresh Apple</b>	2 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> Penne w/ Chickpeas in Tomato Sauce Broccoli (V) <b>Fresh Apple</b>	3 Cheese Pizza (V) Garden Salad w/ Ranch Dressing <b>Fresh Apple</b>
6 Chicken Parmesan w/ Green Beans <b>or</b> Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) <b>Fresh Apple</b>	7 Spanish Rice & Beans (V) Plantain <b>Fresh Apple</b>	8 Salisbury Steak w/ Roasted Potatoes <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	9 BBQ Chicken w/ Sweet Mashed Potatoes <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V) <b>Fresh Apple</b>	10 Turkey Fajita w/ Brown Rice & Corn <b>or</b> Cheese Pizza w/ Garden Salad & Ranch Dressing (V) <b>Fresh Apple</b>
13 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll <b>or</b> Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) <b>Fresh Apple</b>	14 Chicken Mole w/ Brown Rice Pilaf & Green Peas <b>or</b> Spanish Rice & Beans w/ Plantain (V) Fresh Pear	15 Chicken Fingers w/ Ketchup <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn <b>Fresh Apple</b>	16 Penne w/ Beef Meat Sauce & Italian Vegetables <b>or</b> Penne w/ Chickpeas in Tomato Sauce Broccoli (V) <b>Fresh Apple</b>	17 Home-Style Macaroni & Cheese (V) Broccoli <b>Fresh Apple</b>
20 Chicken Bites w/ Roasted Potatoes <b>or</b> Vegetarian Chili w/ Brown Rice & Green Beans (V) <b>Fresh Apple</b>	21 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables <b>or</b> Spanish Rice & Beans w/ Plantain (V) <b>Fresh Apple</b>	22 Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Fresh Pear	23 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V) <b>Fresh Apple</b>	24 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables <b>Fresh Apple</b>
27	28 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	29 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans <b>or</b> Home Style Macaroni & Cheese w/ Broccoli (V) <b>Fresh Apple</b>	30 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> Penne w/ Chickpeas in Tomato Sauce Broccoli (V) <b>Fresh Apple</b>	31 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple

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# Lunch K-8

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MON	TUE	WED	THU	FRI
		1 Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes <b>Fresh Apple</b>	2 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	3 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing <b>Fresh Apple</b>
6 Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V) <b>Fresh Apple</b>	7 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V) Fresh Pear	8 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) <b>Fresh Apple</b>	9 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	10 NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing <b>or</b> Cheese Pizza w/ Garden Salad & Ranch Dressing <b>Fresh Apple</b>
13 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli <b>Fresh Apple</b>	14 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear	15 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V) <b>Fresh Apple</b>	16 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	17 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b>
20 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes <b>Fresh Apple</b>	21 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans <b>or</b> NEW! Latin Bean Melt Flatbread (V) Fresh Pear	22 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) <b>Fresh Apple</b>	23 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Fresh Banana	24 Turkey & Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b>
27	28 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	29 Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes <b>Fresh Apple</b>	30 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	31 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing <b>Fresh Apple</b>

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