

Pre-K Breakfast & Lunch Menu - 2009-2010 (Jan - June)

LUNCH WEEK A				
Student must select all 5 components				
Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Deli Triangles 1/4 cup Veggie Medley 1/4 cup Chilled Fruit Cup 8 oz Fat-Free White Milk	8 Asian Chicken Bites 1/4 cup Steamed Corn 2 oz Apple Slices 8 oz Fat-Free White Milk 1/2 cup Yellow Rice	Brunch 4 Lunch (1 waffle/2 sausage) 1 potato triangle/1 ketchup 100% Fruit Juice 8 oz Fat-Free White Milk	6 oz Home-Style Macaroni & Cheese 1/4 cup Broccoli 1/4 cup Fruited Gelatin 8 oz Fat-Free White Milk WG Dinner Roll	5 pc Baked Chicken Nuggets/1 ketchup 1/4 cup Creamy Mashed Potatoes Seasonal Fresh Fruit 8 oz Fat-Free White Milk
LUNCH WEEK B				
Student must select all 5 components				
Monday	Tuesday	Wednesday	Thursday	Friday
Baked Breaded Chicken on a WG Roll/ 1 ketchup 1/4 cup Steamed Peas 1/4 cup Chilled Fruit Cup 8 oz Fat-Free White Milk	Mama Mia's Spaghetti (1/2 cup) w/ Meat-Balls (3) 1/4 cup Garden Salad/ 1 ranch pc Seasonal Fresh Fruit 8 oz Fat-Free White Milk	Charbroiled Beef Patty w/ Cheese on a WG Bun /ketchup 1/4 cup Confetti Fries/1 ketchup 1/4 cup Chilled Fruit 8 oz Fat-Free White Milk	Crunch n Munch Munchable (yogurt, chs stk, animal crackers) 1/4 cup Chilled Fruit 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk	Stuffed WG Cheese-Sticks 2 oz Baby Carrots/1 ranch pc 1/4 cup Chilled Fruit 8 oz Fat-Free White Milk
BREAKFAST A				
Student must select all 4 components				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sausage & Biscuit 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk	WG Cheerios & Cinnamon Goldfish Grahams 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk	Breakfast Pizza 1/2 cup Chilled Fruit 8 oz Fat-Free White Milk	WG Cheerios & Cinnamon Goldfish Grahams 1 medium Fresh Fruit 8 oz Fat-Free White Milk	Warm Plain Bagel with 1 Jelly 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk
BREAKFAST B				
Student must select all 4 components				
Monday	Tuesday	Wednesday	Thursday	Friday
WG Cheerios & Cinnamon Goldfish Grahams 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk	2 Fluffy Pancakes/syrup pc 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk	Breakfast Pizza 1/2 cup Chilled Fruit 8 oz Fat-Free White Milk	WG Cheerios & Cinnamon Goldfish Grahams 1 medium Fresh Fruit 8 oz Fat-Free White Milk	Warm Cinnamon Raisin Bagel with 1 Jelly 4 oz 100% Fruit Juice 8 oz Fat-Free White Milk

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Menu is subject to change due to price and availability.