



# PRE-K BREAKFAST AND LUNCH MENU NOVEMBER 2021

**PRE-K BREAKFAST: Student: NO COST // Adult/Visitor breakfast \$2.50**

**PRE-K LUNCH: Student: NO COST // Adult/Visitor lunch \$4.25**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  NO SCHOOL	<b>2</b>  NO SCHOOL	<b>3</b> Whole Grain Chocolate Chip Waffle  Mini Corn Dogs Hamburger or Cheeseburger Baby Carrots Seasoned Green Beans Fresh Apple Slices	<b>4</b> Ham & Cheese Croissant  Spaghetti & Meatballs Breaded Chicken Sandwich Garden Salad Mixed Vegetables Frozen Peach Cup Wheat Roll	<b>5</b> Sausage & Cheese Kolache  Chicken Chunks Turkey Hot Dog Garden Fresh Roasted Sweet Potatoes Garden Salad Fresh Apple Slices Wheat Roll
<b>8</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  Beef Soft Tacos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>9</b> French Toast  Mini Corn Dogs Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Orange Smiles	<b>10</b> Spiced Apple Muffin  Cheese or Pepperoni Pizza Garden Salad Seasoned Green Beans Fresh Apple Slices	<b>11</b> Sausage & Cheese Croissant  Macaroni & Cheese Breaded Chicken Sandwich Garden Salad Mixed Vegetables Frozen Peach Cup	<b>12</b> Chicken Biscuit  Chicken Tenders Turkey Hot Dog Garden Salad Steamed Broccoli Peach Cobbler
<b>15</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>16</b> Whole Grain Maple Waffle  Chicken Chunks Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll	<b>17</b> Sausage & Cheese Biscuit  Cheese or Pepperoni Pizza Garden Salad Steamed Broccoli Fresh Apple Slices	<b>18</b> Ham & Cheese Croissant  Thanksgiving Turkey Breaded Chicken Sandwich Cornbread Dressing Mashed Potatoes & Gravy Seasoned Green Beans Cranberry Sauce Choice of Fruit Pumpkin Muffin Dinner Roll	<b>19</b> Sausage & Cheese Kolache  Cheese Stuffed Breadsticks Turkey Hot Dog Garden Salad Mixed Vegetables Peach Cobbler
<b>22</b>  NO SCHOOL	<b>23</b>  NO SCHOOL	<b>24</b>  NO SCHOOL	<b>25</b>  NO SCHOOL	<b>26</b>  NO SCHOOL
<b>29</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  Mini Corn Dogs Baby Carrots Baked Beans Fresh Apple Slices	<b>30</b> Chocolate Chip Waffles  Steak Fingers Hamburger or Cheeseburger Garden Salad Mashed Potatoes & Gravy Frozen Peach Cup			

This institution is an equal opportunity provider.

**\*Menus are subject to change without notice due to price and availability of food\***

Menus also available at [Schoolcafe.com](http://Schoolcafe.com)

Nutrient Analysis is available at <https://www.cfid.net/Page/3593>

**Complete Breakfast Includes:**

- Entrée
- Fruit
- 1% white milk

**A Complete Lunch Includes:**

- Entrée
- 1 fruit
- 2 vegetables
- 1% white milk

**Weekly Lunch Entrees:**

- Monday & Friday:** Yogurt, Granola & String Cheese
- Tuesday & Thursday:** Wowbutter, Sting Cheese & Goldfish
- Wednesday:** Turkey Ham & Cheese Croissant