



# PRE-K BREAKFAST AND LUNCH MENU

OCTOBER 2022

PRE-K BREAKFAST: Student: \$1.00 // Adult/Visitor breakfast \$3.00

PRE-K LUNCH: Student: \$2.25 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: \$0.20 // REDUCED STUDENT LUNCH: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Frozen Peach Cup	<b>4</b> Whole Grain Chocolate Chip Waffle  Steak Fingers <b>Hamburger or Cheeseburger</b> Garden Salad Mashed Potatoes & Gravy Fresh Apple Slices Wheat Roll	<b>5</b> Sausage & Cheese Biscuit  <b>Cheese or Pepperoni Pizza</b> Garden Salad Seasoned Green Beans Mixed Fruit	<b>6</b> Turkey Ham & Cheese Croissant  <b>Spaghetti &amp; Meatballs</b> <b>Breaded Chicken Sandwich</b> Garden Salad Mixed Vegetables Frozen Peach Cup Garlic Roll	<b>7</b> Sausage & Cheese Kolache  <b>Popcorn Chicken</b> <b>Beef Hot Dog</b> Baked Beans Garden Fresh Cucumbers Peach Cobbler Wheat Roll
<b>10</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  <b>Beef Soft Tacos</b> Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>11</b> French Toast  <b>Mini Corn Dogs</b> <b>Hamburger or Cheeseburger</b> Baked Beans Garden Salad Orange Smiles	<b>12</b> <b>Apple Spice Muffin</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Seasoned Green Beans Fresh Pineapple Chunks	<b>13</b> Turkey Ham & Cheese Croissant  <b>Macaroni &amp; Cheese</b> <b>Breaded Chicken Sandwich</b> Garden Salad Mixed Vegetables Mandarin Oranges	<b>14</b> Chicken Biscuit  <b>Popcorn Chicken</b> <b>Beef Hot Dog</b> Garden Salad Steamed Broccoli Peach Cobbler
<b>17</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>18</b> Whole Grain Maple Waffle  <b>Popcorn Chicken</b> <b>Hamburger or Cheeseburger</b> Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll	<b>19</b> Sausage & Cheese Biscuit  <b>Cheese or Pepperoni Pizza</b> Garden Salad Steamed Broccoli Fresh Pineapple Chunks	<b>20</b> Turkey Ham & Cheese Croissant  <b>Spaghetti &amp; Meatballs</b> <b>Breaded Chicken Sandwich</b> Garden Salad Seasoned Green Beans Sliced Peaches Garlic Roll	<b>21</b> Sausage & Cheese Kolache  <b>Cheese Stuffed Breadsticks</b> <b>Beef Hot Dog</b> Garden Salad Mixed Vegetables Mandarin Oranges
<b>24</b>   <b>NO SCHOOL</b>	<b>25</b> Mini Pancakes  <b>Hamburger or Cheeseburger</b> Garden Salad Whole Kernel Corn Frozen Peach Cup	<b>26</b> <b>Apple Spice Muffin</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Mixed Vegetables Sliced Peaches	<b>27</b> Turkey Ham & Cheese Croissant  <b>Orange Chicken &amp; Lo Mein</b> <b>Breaded Chicken Sandwich</b> Garden Salad Steamed Broccoli Frozen Peach Cup Wheat Roll	<b>28</b> Chicken Biscuit  <b>Popcorn Chicken</b> <b>Beef Hot Dog</b> Garden Salad Seasoned Green Beans Peach Cobbler Wheat Roll
<b>31</b> Whole Wheat Cinnamon Roll OR Yogurt & Granola  Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices				

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.cfsd.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, String Cheese & Goldfish
- Wednesday:** Turkey Ham & Cheese Croissant