

September 2018

Pre-K 4 Breakfast and Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4	5	6	7	8
				Breakfast: Fruit Yogurt and whole fruit. Lunch: Cheese Quesadilla Fiesta Rice Black Beans	Breakfast: Build your own parfait with fruit and granola Lunch: Boneless Chicken Tender. Mashed Potato Mixed Vegetable	
9	10	11	12	13	14	15
	Breakfast: small cereal and milk Lunch: Baked ziti Garlic bread Sauce Broccoli	Breakfast: Cheese stick and Grapes. Lunch: Beef Taco Fiesta Rice Black Beans	Breakfast: Carrot and Celery with Ranch Dipper Lunch: Hamburger French Fries lettuce, Tomato, Pickles	Breakfast: Granola Bar and water Lunch: Chicken Lomein Vegetable fried Rice vegetable Spring Roll	Breakfast: Homemade Muffins Lunch: Grilled Cheese Side Green Salad Tomato Soup	
16	17	18	19	20	21	22
	Breakfast: Fruit Yogurt with whole fruit Lunch: Chicken Tender Macaroni and Cheese Sauce Greenbeans	Breakfast: Build your own parfait with fruit and granola Lunch: Ziti and Meatballs Roasted Cauliflower Garlic Bread	Breakfast: small cereal and milk Lunch: Penne Pasta with Marinara on side Steamed Green-beans & Garlic Bread	Breakfast: Cheese stick and Grapes. Lunch: Cheese Pizza. Tossed Salad Whole Fruit	Breakfast: Carrot and Celery with Ranch Dipper Lunch: Cheese Quesadilla Yellow Rice Mixed Vegetable	
23	24	25	26	27	28	29
	Breakfast: Granola Bar and water Lunch: Grilled Chicken Sandwich Sweet Potato Wedges Sauce Broccoli	SCHOOL CLOSED	Breakfast: Homemade Muffins Lunch: Hamburger French Fries Lettuce, Tomato, Pickles	Breakfast: Fruit Yogurt and whole fruit. Lunch: Oven roasted BBQ boneless Chicken Wing Oven Wedges Celery and Carrot Sticks	Breakfast: Build your own parfait with fruit and granola Lunch: Penne Topped with Marinara sauce Side Tossed Salad Garlic Bread	