

# Breakfast Pre-K

APRIL 2024

MON	TUE	WED	THU	FRI
1 Multi-Grain Frosted Flakes w/ 100% Grape Juice	2 Yogurt w/ Fresh Apple Slices	3 Rice Chex w/ 100% Apple Juice	4 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	5 Banana Muffin w/ Diced Peaches
8 Blueberry Muffin w/ 100% Fruit Juice	9 Multi-Grain Cinnamon Flakes w/ Diced Peaches	10 Multi-Grain Cheerios w/ Fresh Apple Slices	11 Yogurt w/ 100% Orange Juice	12 <b>NO SCHOOL</b>
15 <b>NO SCHOOL</b>	16 <b>NO SCHOOL</b>	17 <b>NO SCHOOL</b>	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>
22 Multi-Grain Cheerios w/ 100% Orange Juice	23 Blueberry Muffin w/ 100% Fruit Juice	24 Corn Muffin w/ Fresh Apple Slices	25 Yogurt w/ 100% Orange Juice	26 Cheerios w/ 100% Grape Juice
29 Multi-Grain Frosted Flakes w/ 100% Grape Juice	30 Yogurt w/ Fresh Apple Slices			

## 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-5

APRIL 2024

MON	TUE	WED	THU	FRI
1 Banana Muffin Raisins & Applesauce	2 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	3 Multi-Grain Frosted Flakes w/Graham Crackers Diced Peaches & 100% Grape Juice	4 Cinnamon Toast Crunch w/Graham Crackers Apple Slices & 100% Orange Juice	5 Cinnamon Crisp Bar Raisins & 100% Grape Juice
8 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	9 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	10 Honey Cheerios w/ Graham Crackers Diced Peaches & 100% Grape Juice	11 Plain Bagel w/ Cream Cheese (V) Apple Slices & 100% Orange Juice	12 <b>NO SCHOOL</b>
15 <b>NO SCHOOL</b>	16 <b>NO SCHOOL</b>	17 <b>NO SCHOOL</b>	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>
22 Cinnamon Crisp Bar Raisins & 100% Grape Juice	23 Strawberry Yogurt w/ Graham Crackers (V) Apple Slices & Diced Pineapple	24 Multi-Grain Cinnamon Flakes w/Graham Crackers Diced Peaches & 100% Grape Juice	25 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	26 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
29 Banana Muffin Raisins & Applesauce	30 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple			

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# Lunch Pre-K

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1</p> <p>Beef Burger w/ Ketchup &amp; Green Beans</p> <p>Spanish Rice &amp; Beans w/ Plantain (V)</p> <p>Apple Slices</p>	<p>2</p> <p>Pasta &amp; Chicken Meatballs in Tomato Sauce w/ Italian Vegetables</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)</p> <p>Fresh Pear</p>	<p>3</p> <p>Turkey Salsa Bowl w/ Ranchero Rice &amp; Pinto Beans</p> <p>Home Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p>Fresh Apple</p>	<p>4</p> <p>Meatloaf w/ Gravy &amp; Mashed Potatoes</p> <p>Penne w/ Chickpeas in Tomato Sauce (V) Broccoli</p> <p>Apple Slices</p>	<p>5</p> <p>Cheese Pizza (V)</p> <p>Garden Salad w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>8</p> <p>Chicken Parmesan w/ Green Beans</p> <p>Penne Pasta in Tomato Sauce w/ Mozzarella Cheese &amp; Italian Vegetables (V)</p> <p>Apple Slices</p>	<p>9</p> <p>Spanish Rice &amp; Beans w/ Plantain (V)</p> <p>Fresh Apple</p>	<p>10</p> <p>Salisbury Steak w/ Roasted Potatoes</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)</p> <p>Fresh Pear</p>	<p>11</p> <p>BBQ Chicken w/ Sweet Mashed Potatoes</p> <p>Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p>Apple Slices</p>	<p>12</p> <p><b>NO SCHOOL</b></p>
<p>15</p> <p><b>NO SCHOOL</b></p>	<p>16</p> <p><b>NO SCHOOL</b></p>	<p>17</p> <p><b>NO SCHOOL</b></p>	<p>18</p> <p><b>NO SCHOOL</b></p>	<p>19</p> <p><b>NO SCHOOL</b></p>
<p>22</p> <p>Chicken Bites w/ Roasted Potatoes</p> <p>Vegetarian Chili w/ Brown Rice &amp; Green Beans</p> <p>Apple Slices</p>	<p>23</p> <p>Turkey Chili w/ Whole Wheat Bread Slice &amp; Mixed Vegetables</p> <p>Spanish Rice &amp; Beans w/ Plantain (V)</p> <p>Fresh Apple</p>	<p>24</p> <p>Cheese Raviolis w/ Tomato Sauce &amp; Italian Vegetables (V)</p> <p>Fresh Pear</p>	<p>25</p> <p>Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn</p> <p>Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p>Apple Slices</p>	<p>26</p> <p>Penne Pasta in Tomato Sauce w/ Mozzarella &amp; Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Fresh Apple</p>
<p>29</p> <p>Beef Burger w/ Ketchup &amp; Green Beans</p> <p>Spanish Rice &amp; Beans w/ Plantain (V)</p> <p>Apple Slices</p>	<p>30</p> <p>Pasta &amp; Chicken Meatballs in Tomato Sauce w/ Italian Vegetables</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)</p> <p>Fresh Pear</p>			

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# Lunch K-5

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1</p> <p>Chicken Nuggets w/ Ketchup &amp; Baked Beans</p> <p>Falafel Bites w/ Quinoa Pilaf, Black Beans &amp; Tomato (V)</p> <p>Fresh Apple</p>	<p>2</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll</p> <p>Home-Style Macaroni &amp; Cheese (V)</p> <p>Broccoli</p> <p>Fresh Pear</p>	<p>3</p> <p>Hot Honey Chicken Ciabatta Sandwich</p> <p>French Toast Sticks w/ Scrambled Eggs (V)</p> <p>Roasted Sweet Potatoes</p> <p>Fresh Apple</p>	<p>4</p> <p>Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn</p> <p>Veggie Burger w/ Ketchup &amp; Roasted Potatoes (V)</p> <p>Fresh Banana</p>	<p>5</p> <p>Egg Salad Sandwich (V)</p> <p>French Bread Cheese Pizza (V)</p> <p>Celery w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>8</p> <p>Meatloaf w/ Gravy, Mashed Potatoes &amp; Whole-Wheat Bun</p> <p>Cheese Quesadilla w/ Sour Cream and Street Corn (V)</p> <p>Fresh Apple</p>	<p>9</p> <p>BBQ Chicken w/ Brown Rice &amp; Baked Beans</p> <p><b>NEW!</b> Latin Bean Melt Flatbread (V)</p> <p>Fresh Pear</p>	<p>10</p> <p>Buffalo Chicken Melt Flatbread</p> <p>Celery Sticks w/ Ranch Dressing</p> <p>Cheese Raviolis w/ Green Beans (V)</p> <p>Fresh Apple</p>	<p>11</p> <p>Turkey Fajita w/ Brown Rice &amp; Carrots</p> <p>Stuffed Bread Sticks w/ Marinara Sauce &amp; 100% Vegetable Juice (V)</p> <p>Fresh Banana</p>	<p>12</p> <p><b>NO SCHOOL</b></p>
<p>15</p> <p><b>NO SCHOOL</b></p>	<p>16</p> <p><b>NO SCHOOL</b></p>	<p>17</p> <p><b>NO SCHOOL</b></p>	<p>18</p> <p><b>NO SCHOOL</b></p>	<p>19</p> <p><b>NO SCHOOL</b></p>
<p>22</p> <p>Beef Cheeseburger w/ Ketchup</p> <p>Egg &amp; Cheese Sandwich w/ Ketchup (V)</p> <p>Roasted Potatoes</p> <p>Fresh Apple</p>	<p>23</p> <p>Turkey Salsa Bowl w/ Ranchero Rice &amp; Pinto Beans</p> <p>Spanish Rice w/ Beans &amp; Cheese (V)</p> <p>Fresh Pear</p>	<p>24</p> <p>Spaghetti &amp; Beef Meatballs in Tomato Sauce w/ Broccoli</p> <p>Veggie Burger w/ Ketchup</p> <p>Garden Side Salad w/Ranch Dressing (V)</p> <p>Fresh Apple</p>	<p>25</p> <p>Crispy Cheesy Chicken Biscuit Sandwich</p> <p>Celery Sticks w/ Ranch Dressing</p> <p>Cobb Salad w/ Pita Bread (V)</p> <p>Fresh Banana</p>	<p>26</p> <p>Turkey &amp; Cheese Sandwich w/ Mayo</p> <p>Cheese Pizza (V)</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>29</p> <p>Chicken Nuggets w/ Ketchup &amp; Baked Beans</p> <p>Falafel Bites w/ Quinoa Pilaf, Black Beans &amp; Tomato (V)</p> <p>Fresh Apple</p>	<p>30</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll</p> <p>Home-Style Macaroni &amp; Cheese (V)</p> <p>Broccoli</p> <p>Fresh Pear</p>			

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# Snack Pre-K

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MON	TUE	WED	THU	FRI
1 Whole-Grain Pretzels w/ Hummus	2 Whole-Grain Sunchips w/ 100% Orange Juice	3 Blueberry Muffin w/ Mozzarella String Cheese	4 Strawberry Yogurt w/ Whole-Grain Graham Crackers	5 Whole-Grain Cheez-its w/ 100% Fruit Juice
8 Strawberry Yogurt w/ Whole-Grain Graham Crackers	9 Tostitos Scoops w/ 100% Orange Juice	10 Whole-Grain Cheez-its w/ 100% Fruit Juice	11 Apple Cinnamon Muffin w/ Mozzarella String Cheese	12 <b>NO SCHOOL</b>
15 <b>NO SCHOOL</b>	16 <b>NO SCHOOL</b>	17 <b>NO SCHOOL</b>	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>
22 Whole-Grain Pretzels w/ Sunbutter	23 Banana Muffin w/ Fresh Large Apple	24 Whole Grain Sunchips w/ 100% Orange Juice	25 Whole-Grain Pretzels w/ Mozzarella String Cheese	26 Tostitos Scoops w/ Fresh Large Apple
29 Whole-Grain Pretzels w/ Hummus	30 Whole-Grain Sunchips w/ 100% Orange Juice			

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# Snack K-5

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MON	TUE	WED	THU	FRI
1 Whole-Grain Pretzels w/ 100% Orange Juice	2 Whole-Grain Graham Crackers w/ 100% Fruit Juice	3 Blueberry Muffin w/ Mozzarella String Cheese	4 Whole-Grain Cheez-its w/ 100% Fruit Juice	5 Tostitos Scoops w/ 100% Apple Juice
8 Whole-Grain Cheez-its w/ 100% Fruit Juice	9 Doritos Cool Ranch w/100% Orange Juice	10 Whole-Grain Graham Crackers w/ 100% Apple Juice	11 Apple Cinnamon Muffin w/ Mozzarella String Cheese	12 <b>NO SCHOOL</b>
15 <b>NO SCHOOL</b>	16 <b>NO SCHOOL</b>	17 <b>NO SCHOOL</b>	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>
22 Roasted Sunflower Seeds w/ 100% Fruit Juice	23 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	24 Whole Grain Sunchips w/ 100% Orange Juice	25 Mozzarella String Cheese w/ Fresh Large Apple	26 Whole-Grain Graham Crackers w/ 100% Orange Juice
29 Whole-Grain Pretzels w/ 100% Orange Juice	30 Whole-Grain Graham Crackers w/ 100% Fruit Juice			

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