

# Breakfast Pre-K

JUNE 2024

MON	TUE	WED	THU	FRI
3 Blueberry Muffin w/ 100% Fruit Juice	4 Multi-Grain Cinnamon Flakes w/ Diced Peaches	5 Multi-Grain Cheerios w/ Fresh Apple	6 Yogurt w/ 100% Orange Juice	7 Cheerios w/ 100% Grape Juice
10 Multi-Grain Frosted Flakes w/ 100% Grape Juice	11 Yogurt w/ <b>Fresh Apple</b>	12 Honey Cheerios w/ Mixed Fruit Cup	13 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	14 Banana Muffin w/ 100% Fruit Juice
17 Blueberry Muffin w/ 100% Fruit Juice	18 Multi-Grain Cheerios w/ 100% Orange Juice	19 Corn Muffin w/ <b>Fresh Apple</b>	20 Yogurt w/ 100% Orange Juice	21 Cheerios w/ 100% Grape Juice
24 Multi-Grain Frosted Flakes w/ 100% Grape Juice	25 Yogurt w/ <b>Fresh Apple</b>	26 Rice Chex w/ 100% Apple Juice	27 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	28 Banana Muffin w/ Diced Peaches

## 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  
Planned Daily**

Menu is subject to change.  
Vegetarian Meal Options are indicated with a "V"





# Breakfast K-5

JUNE 2024

MON	TUE	WED	THU	FRI
3 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	4 Strawberry Yogurt w/ Graham Crackers <b>or</b> Cinnamon Bun Fresh Apple & Diced Pineapple	5 Honey Cheerios w/ Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	6 Plain Bagel w/ Cream Cheese (V) <b>or</b> Mini Sausage & Cheese Flatbread Fresh Apple & 100% Orange Juice	7 Apple Jacks w/ Graham Crackers Raisins & 100% Grape Juice
10 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	11 Strawberry Yogurt w/ Graham Crackers <b>or</b> Pancakes w/ Syrup Fresh Apple & Diced Pineapple	12 Cinnamon Raisin Bagel w/ Butter <b>or</b> French Toast w/ Syrup Diced Peaches & 100% Grape Juice	13 Honey Cheerios w/ Graham Crackers <b>or</b> Cinnamon Bun Fresh Apple & 100% Orange Juice	14 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
17 Cinnamon Crisp Bar Raisins & 100% Grape Juice	18 Strawberry Yogurt w/ Graham Crackers (V) <b>or</b> Breakfast Pizza Fresh Apple & Diced Pineapple	19 Multi-Grain Cinnamon Flakes w/ Graham Crackers <b>or</b> Apple Frudel Diced Peaches & 100% Grape Juice	20 Plain Bagel w/ Cream Cheese <b>or</b> Waffles w/ Syrup Fresh Apple & 100% Orange Juice	21 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
24 Banana Muffin Raisins & Applesauce	25 Strawberry Yogurt w/ Graham Crackers <b>or</b> Apple Frudel Fresh Apple & Diced Pineapple	26 Multi-Grain Frosted Flakes w/ Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	27 Cinnamon Toast Crunch w/ Graham Crackers <b>or</b> Pancakes w/ Syrup Fresh Apple & 100% Orange Juice	28 Cinnamon Crisp Bar Raisins & 100% Grape Juice

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# Lunch Pre-K

JUNE 2024

MON TUE WED THU FRI

<p>3 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese &amp; Italian Vegetables (V) <b>Fresh Apple</b></p>	<p>4 Spanish Rice &amp; Beans (V) Plantain <b>Fresh Apple</b></p>	<p>5 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V) Fresh Pear</p>	<p>6 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni &amp; Cheese w/ Broccoli (V) <b>Fresh Apple</b></p>	<p>7 Turkey Fajita w/ Brown Rice &amp; Corn or Cheese Pizza w/ Garden Salad &amp; Ranch Dressing (V) <b>Fresh Apple</b></p>
<p>10 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese &amp; Sub Roll or Cheese Raviolis w/ Tomato Sauce &amp; Italian Vegetables (V) <b>Fresh Apple</b></p>	<p>11 Chicken Mole w/ Brown Rice Pilaf &amp; Green Peas or Spanish Rice &amp; Beans w/ Plantain (V) Fresh Pear</p>	<p>12 Chicken Fingers w/ Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn <b>Fresh Apple</b></p>	<p>13 Penne w/ Beef Meat Sauce &amp; Italian Vegetables or Penne w/ Chickpeas in Tomato Sauce w/ Broccoli (V) <b>Fresh Apple</b></p>	<p>14 Home-Style Macaroni &amp; Cheese (V) Broccoli <b>Fresh Apple</b></p>
<p>17 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice &amp; Green Beans (V) <b>Fresh Apple</b></p>	<p>18 Turkey Chili w/ Whole Wheat Bread Slice &amp; Mixed Vegetables or Spanish Rice &amp; Beans w/ Plantain (V) <b>Fresh Apple</b></p>	<p>19 Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Fresh Pear</p>	<p>20 Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn or Home-Style Macaroni &amp; Cheese w/ Broccoli (V) <b>Fresh Apple</b></p>	<p>21 Penne Pasta in Tomato Sauce w/ Mozzarella &amp; Ricotta Cheese (V) Italian Vegetables <b>Fresh Apple</b></p>
<p>24 Beef Burger w/ Ketchup &amp; Green Beans or Spanish Rice &amp; Beans w/ Plantain (V) <b>Fresh Apple</b></p>	<p>25 Pasta &amp; Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V) Fresh Pear</p>	<p>26 Turkey Salsa Bowl w/ Ranchero Rice &amp; Pinto Beans or Home Style Macaroni &amp; Cheese w/ Broccoli (V) <b>Fresh Apple</b></p>	<p>27 Meatloaf w/ Gravy &amp; Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce &amp; Broccoli (V) <b>Fresh Apple</b></p>	<p>28 Cheese Pizza (V) Garden Salad w/ Ranch Dressing <b>Fresh Apple</b></p>


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1% Milk and Skim Milk

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# Lunch K-5

JUNE 2024

MON	TUE	WED	THU	FRI
<p>3 Meatloaf w/ Gravy, Mashed Potatoes &amp; Whole-Wheat Bun <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V) <b>Fresh Apple</b></p>	<p>4 BBQ Chicken w/ Brown Rice &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V) Fresh Pear</p>	<p>5 Buffalo Chicken Melt Flatbread &amp; Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) <b>Fresh Apple</b></p>	<p>6 Turkey Fajita w/ Brown Rice &amp; Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce &amp; 100% Vegetable Juice (V) Fresh Banana</p>	<p>7 <b>NEW!</b> Southwestern Chicken Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Cheese Pizza w/ Garden Salad &amp; Ranch Dressing <b>Fresh Apple</b></p>
<p>10 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce &amp; Mozzarella Cheese (V) Broccoli <b>Fresh Apple</b></p>	<p>11 Chicken Tenders w/ Ketchup &amp; Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole-Wheat Bread Slice &amp; Peas (V) Fresh Pear</p>	<p>12 Turkey Hot Dog w/ Ketchup &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V) <b>Fresh Apple</b></p>	<p>13 Chicken Caesar Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>14 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b></p>
<p>17 Beef Cheeseburger w/ Ketchup <b>or</b> Egg &amp; Cheese Sandwich w/ Ketchup (V) Roasted Potatoes <b>Fresh Apple</b></p>	<p>18 Turkey Salsa Bowl w/ Ranchero Rice &amp; Pinto Beans <b>or</b> <b>NEW!</b> Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>19 Spaghetti &amp; Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) <b>Fresh Apple</b></p>	<p>20 Crispy Cheesy Chicken Biscuit Sandwich &amp; Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>21 Turkey &amp; Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b></p>
<p>24 Chicken Nuggets w/ Ketchup &amp; Baked Beans <b>or</b> Falafel Bites w/ Black Beans &amp; Tomato (V) <b>Fresh Apple</b></p>	<p>25 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni &amp; Cheese (V) Broccoli Fresh Pear</p>	<p>26 Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes <b>Fresh Apple</b></p>	<p>27 Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn <b>or</b> Veggie Burger w/ Ketchup &amp; Roasted Potatoes (V) Fresh Banana</p>	<p>28 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing <b>Fresh Apple</b></p>

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# Supper Grab & Go

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MON	TUE	WED	THU	FRI
<p>3</p> <p>Strawberry Yogurt w/ Granola Drops (V)</p> <p>Baby Carrots</p> <p>Applesauce</p>	<p>4</p> <p>Egg Salad Sandwich w/ Potato Salad &amp; Diced Peaches (V)</p> <p>or</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>5</p> <p>Turkey Bologna &amp; Cheese Sandwich w/ Baby Carrots Fresh Apple</p> <p>or</p> <p>Sunbutter &amp; Jelly Sandwich w/ String Cheese, Baby Carrots &amp; Diced Peaches (V)</p>	<p>6</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks</p> <p>Garden Side Salad w/ Ranch Dressing</p> <p>Pineapple Cup</p>	<p>7</p> <p>Turkey &amp; Cheese Sandwich w/ 100% Vegetable Juice &amp; Fresh Orange</p> <p>or</p> <p>Cheese Sandwich w/ 100% Vegetable Juice &amp; Pineapple Cup (V)</p>
<p>10</p> <p>Sunbutter &amp; Jelly Sandwich w/ Mozzarella String Cheese (V)</p> <p>Baby Carrots</p> <p>Diced Peaches</p>	<p>11</p> <p>Italian Caprese Sandwich w/ Potato Salad</p> <p>or</p> <p>Cheese Sandwich w/ 100% Vegetable Juice (V) Pineapple Cup</p>	<p>12</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>13</p> <p>Chicken Salad Sandwich Side Salad w/ Ranch Dressing &amp; Fresh Pear</p> <p>or</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup</p>	<p>14</p> <p>Turkey Ham &amp; Cheese Sandwich w/ 100% Vegetable Juice</p> <p>or</p> <p>Strawberry Yogurt w/ Granola Drops (V) Baby Carrots</p> <p>Applesauce</p>
<p>17</p> <p>Strawberry Yogurt w/ Granola Drops (V)</p> <p>Baby Carrots</p> <p>Applesauce</p>	<p>18</p> <p>Egg Salad Sandwich w/ Potato Salad &amp; Diced Peaches (V)</p> <p>or</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>19</p> <p>Buffalo Chicken Flatbread Sandwich w/ Celery &amp; Fresh Apple</p> <p>or</p> <p>Sunbutter &amp; Jelly Sandwich w/ String Cheese, Baby Carrots &amp; Diced Peaches (V)</p>	<p>20</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks</p> <p>Garden Side Salad w/ Ranch Dressing</p> <p>Pineapple Cup</p>	<p>21</p> <p>Turkey &amp; Cheese Sandwich w/ 100% Vegetable Juice &amp; Fresh Orange</p> <p>or</p> <p>Cheese Sandwich w/ 100% Vegetable Juice &amp; Pineapple Cup (V)</p>
<p>24</p> <p>Sunbutter &amp; Jelly Sandwich w/ Mozzarella String Cheese (V)</p> <p>Baby Carrots</p> <p>Diced Peaches</p>	<p>25</p> <p>Chicken Breast Sandwich w/ Baby Carrots &amp; Pineapple Cup</p> <p>or</p> <p>Cheese Sandwich w/ 100% Vegetable Juice &amp; Pineapple Cup (V)</p>	<p>26</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>27</p> <p>Chicken Salad Sandwich w/ Fresh Pear</p> <p>or</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks w/ Pineapple Cup</p> <p>Side Salad w/ Ranch Dressing</p>	<p>28</p> <p>Turkey Ham &amp; Cheese Sandwich w/ 100% Vegetable Juice</p> <p>or</p> <p>Strawberry Yogurt w/ Granola Drops (V) Baby Carrots</p> <p>Applesauce</p>

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