

# Breakfast Pre-K

MAY 2024

| MON  | TUE   | WED   | THU  | FRI                                     |
|--|---|---|--|---|
|  |   | 1<br>Rice Chex w/ 100% Apple Juice              | 2<br>Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice  | 3<br>Banana Muffin w/ Diced Peaches     |
| 6<br>Blueberry Muffin w/ 100% Fruit Juice            | 7<br>Multi-Grain Cinnamon Flakes w/ Diced Peaches | 8<br>Multi-Grain Cheerios w/ <b>Fresh Apple</b> | 9<br>Yogurt w/ 100% Orange Juice                         | 10<br>Cheerios w/ 100% Grape Juice      |
| 13<br>Multi-Grain Frosted Flakes w/ 100% Grape Juice | 14<br>Yogurt w/ <b>Fresh Apple</b>                | 15<br>Honey Cheerios w/ Mixed Fruit Cup         | 16<br>Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice | 17<br>Banana Muffin w/ 100% Fruit Juice |
| 20<br>Blueberry Muffin w/ 100% Fruit Juice           | 21<br>Multi-Grain Cheerios w/ 100% Orange Juice   | 22<br>Corn Muffin w/ <b>Fresh Apple</b>         | 23<br>Yogurt w/ 100% Orange Juice                        | 24<br>Cheerios w/ 100% Grape Juice      |
| 27<br><b>No School</b>                               | 28<br>Yogurt w/ <b>Fresh Apple</b>                | 29<br>Rice Chex w/ 100% Apple Juice             | 30<br>Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice | 31<br>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 Served Daily**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



# Breakfast K-5

MAY 2024

| MON   | TUE   | WED   | THU  | FRI  |
|---|---|---|--|--|
|   |   | 1<br>Multi-Grain Frosted Flakes w/Graham Crackers<br>Diced Peaches & 100% Grape Juice   | 2<br>Cinnamon Toast Crunch w/Graham Crackers<br>Fresh Apple & 100% Orange Juice  | 3<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice              |
| 6<br>Cherry Cocoa Bar<br>Fresh Pear & 100% Very Berry Juice           | 7<br>Strawberry Yogurt w/ Graham Crackers<br>Fresh Apple & Diced Pineapple      | 8<br>Honey Cheerios w/ Graham Crackers<br>Diced Peaches & 100% Grape Juice              | 9<br>Plain Bagel w/ Cream Cheese (V)<br>Fresh Apple & 100% Orange Juice          | 10<br>Apple Jacks w/ Graham Crackers<br>Raisins & 100% Grape Juice |
| 13<br>Multi-Grain Cheerios w/ Graham Crackers<br>Raisins & Applesauce | 14<br>Strawberry Yogurt w/ Graham Crackers<br>Fresh Apple & Diced Pineapple     | 15<br>Cinnamon Raisin Bagel w/ Butter<br>Diced Peaches & 100% Grape Juice               | 16<br>Honey Cheerios w/ Graham Crackers<br>Fresh Apple & 100% Orange Juice       | 17<br>Cherry Cocoa Bar<br>Fresh Pear & 100% Very Berry Juice       |
| 20<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice                | 21<br>Strawberry Yogurt w/ Graham Crackers (V)<br>Fresh Apple & Diced Pineapple | 22<br>Multi-Grain Cinnamon Flakes w/Graham Crackers<br>Diced Peaches & 100% Grape Juice | 23<br>Plain Bagel w/ Cream Cheese<br>Fresh Apple & 100% Orange Juice             | 24<br>Blueberry Muffin<br>Fresh Orange & 100% Very Berry Juice     |
| 27<br><b>No School</b>  | 28<br>Strawberry Yogurt w/ Graham Crackers<br>Fresh Apple & Diced Pineapple     | 29<br>Multi-Grain Frosted Flakes w/Graham Crackers<br>Diced Peaches & 100% Grape Juice  | 30<br>Cinnamon Toast Crunch w/Graham Crackers<br>Fresh Apple & 100% Orange Juice | 31<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice             |

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# Lunch Pre-K

MAY 2024

| MON   | TUE  | WED   | THU   | FRI  |
|---|--|---|---|--|
|   |  | 1<br>Turkey Salsa Bowl w/<br>Ranchero Rice & Pinto<br>Beans<br><br>Home Style Macaroni &<br>Cheese w/ Broccoli (V)<br><br><b>Fresh Apple</b>  | 2<br>Meatloaf w/ Gravy &<br>Mashed Potatoes<br><br>Penne w/ Chickpeas in<br>Tomato Sauce<br>Broccoli (V)<br><br><b>Fresh Apple</b>              | 3<br><br>Cheese Pizza (V)<br><br>Garden Salad w/ Ranch<br>Dressing<br><br><b>Fresh Apple</b>   |
| 6<br>Chicken Parmesan w/<br>Green Beans<br><br>Penne Pasta in Tomato<br>Sauce w/ Mozzarella<br>Cheese & Italian<br>Vegetables (V)<br><br><b>Fresh Apple</b>                 | 7<br>Spanish Rice & Beans (V)<br><br>Plantain<br><br><b>Fresh Apple</b>  | 8<br>Salisbury Steak w/<br>Roasted Potatoes<br><br>Falafel Nuggets w/ Whole<br>Wheat Bread Slice &<br>Corn (V)<br><br>Fresh Pear              | 9<br>BBQ Chicken w/ Sweet<br>Mashed Potatoes<br><br>Home-Style Macaroni &<br>Cheese w/ Broccoli (V)<br><br><b>Fresh Apple</b>                   | 10<br>Turkey Fajita w/ Brown<br>Rice & Corn<br><br>Cheese Pizza w/ Garden<br>Salad & Ranch Dressing<br>(V)<br><br><b>Fresh Apple</b> |
| 13<br>Chicken Meatballs w/<br>Tomato Sauce, Mozzarella<br>Cheese & Sub Roll<br><br>Cheese Raviolis w/ Tomato<br>Sauce & Italian Vegetables<br>(V)<br><br><b>Fresh Apple</b> | 14<br>Chicken Mole w/ Brown<br>Rice Pilaf & Green Peas<br><br>Spanish Rice & Beans w/<br>Plantain (V)<br><br>Fresh Pear  | 15<br>Chicken Fingers w/<br>Ketchup<br><br>Falafel Nuggets w/ Whole<br>Wheat Bread Slice (V)<br><br>Corn<br><br><b>Fresh Apple</b>            | 16<br>Penne w/ Beef Meat Sauce<br>& Italian Vegetables<br><br>Penne w/ Chickpeas in<br>Tomato Sauce<br>Broccoli (V)<br><br><b>Fresh Apple</b>   | 17<br><br>Home-Style Macaroni<br>& Cheese (V)<br><br>Broccoli<br><br><b>Fresh Apple</b>  |
| 20<br>Chicken Bites w/ Roasted<br>Potatoes<br><br>Vegetarian Chili w/ Brown<br>Rice & Green Beans (V)<br><br><b>Fresh Apple</b>   | 21<br>Turkey Chili w/ Whole<br>Wheat Bread Slice &<br>Mixed Vegetables<br><br>Spanish Rice & Beans<br>w/ Plantain (V)<br><br><b>Fresh Apple</b>                  | 22<br><br>Cheese Raviolis w/<br>Tomato Sauce (V)<br><br>Italian Vegetables<br><br>Fresh Pear  | 23<br>Adobo Chicken w/<br>Cilantro Brown Rice &<br>Street Corn<br><br>Home-Style Macaroni &<br>Cheese w/ Broccoli (V)<br><br><b>Fresh Apple</b> | 24<br>Penne Pasta in Tomato<br>Sauce w/ Mozzarella &<br>Ricotta Cheese (V)<br><br>Italian Vegetables<br><br><b>Fresh Apple</b>       |
| 27<br><br><b>No<br/>School</b>  | 28<br>Pasta & Chicken Meatballs<br>in Tomato Sauce w/ Italian<br>Vegetables<br><br>Falafel Nuggets w/ Whole<br>Wheat Bread Slice & Corn<br>(V)<br><br>Fresh Pear | 29<br>Turkey Salsa Bowl w/<br>Ranchero Rice & Pinto<br>Beans<br><br>Home Style Macaroni &<br>Cheese w/ Broccoli (V)<br><br><b>Fresh Apple</b> | 30<br>Meatloaf w/ Gravy &<br>Mashed Potatoes<br><br>Penne w/ Chickpeas in<br>Tomato Sauce<br>Broccoli (V)<br><br><b>Fresh Apple</b>             | 31<br><br>Cheese Pizza (V)<br><br>Garden Salad w/ Ranch<br>Dressing<br><br><b>Fresh Apple</b>  |

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- ✓ All grain products are whole grain rich
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- ✓ Meats are lean and cheeses are low fat
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### Lunch Milk Choices

1% Milk and Skim Milk

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# Lunch K-5

**MAY 2024**

| MON  | TUE  | WED  | THU   | FRI   |
|--|--|--|---|---|
|  |  | 1<br>Hot Honey Chicken Ciabatta Sandwich<br><br>French Toast Sticks w/ Scrambled Eggs (V)<br><br>Roasted Sweet Potatoes<br><br><b>Fresh Apple</b>              | 2<br>Adobo Chicken w/ Cilantro Brown Rice & Street Corn<br><br>Veggie Burger w/ Ketchup & Roasted Potatoes (V)<br><br>Fresh Banana      | 3<br>Egg Salad Sandwich (V)<br><br>French Bread Cheese Pizza (V)<br><br>Celery w/ Ranch Dressing<br><br><b>Fresh Apple</b>                          |
| 6<br>Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun<br><br>Cheese Quesadilla w/ Sour Cream and Street Corn (V)<br><br><b>Fresh Apple</b> | 7<br>BBQ Chicken w/ Brown Rice & Baked Beans<br><br>Spanish Rice w/ Beans & Cheese (V)<br><br>Fresh Pear                                 | 8<br>Buffalo Chicken Melt Flatbread<br>Celery Sticks w/ Ranch Dressing<br><br>Cheese Raviolis w/ Green Beans (V)<br><br><b>Fresh Apple</b>                     | 9<br>Turkey Fajita w/ Brown Rice & Carrots<br><br>Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)<br><br>Fresh Banana | 10<br>NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing<br><br>Cheese Pizza w/ Garden Salad & Ranch Dressing<br><br><b>Fresh Apple</b> |
| 13<br>BBQ Beef Meatballs w/ Club Roll<br><br>Pasta w/ Tomato Sauce & Mozzarella Cheese (V)<br><br>Broccoli<br><br><b>Fresh Apple</b>           | 14<br>Chicken Tenders w/ Ketchup & Roasted Potatoes<br><br>Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V)<br><br>Fresh Pear | 15<br>Turkey Hot Dog w/ Ketchup & Baked Beans<br><br>Spanish Rice w/ Beans & Cheese (V)<br><br><b>Fresh Apple</b>  | 16<br>Chicken Caesar Salad w/ Pita Bread & Ranch Dressing<br><br>Cheese Lasagna in Tomato Sauce w/ Green Beans (V)<br><br>Fresh Banana  | 17<br>Chicken Breast Sandwich w/ Mayo<br><br>French Bread Cheese Pizza (V)<br><br>Baby Carrots w/ Ranch Dressing<br><br><b>Fresh Apple</b>          |
| 20<br>Beef Cheeseburger w/ Ketchup<br><br>Egg & Cheese Sandwich w/ Ketchup (V)<br><br>Roasted Potatoes<br><br><b>Fresh Apple</b>               | 21<br>Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans<br><br>NEW! Latin Bean Melt Flatbread (V)<br><br>Fresh Pear                       | 22<br>Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli<br><br>Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V)<br><br><b>Fresh Apple</b> | 23<br>Crispy Cheesy Chicken Biscuit Sandwich<br>Celery Sticks w/ Ranch Dressing<br><br>Cobb Salad w/ Pita Bread (V)<br><br>Fresh Banana | 24<br>Turkey & Cheese Sandwich w/ Mayo Cheese Pizza (V)<br><br>Baby Carrots w/ Ranch Dressing<br><br><b>Fresh Apple</b>                             |
| 27<br><b>No School</b>   | 28<br>Beef Meatballs in Tomato Sauce w/ Club Roll<br><br>Home-Style Macaroni & Cheese (V)<br><br>Broccoli<br><br>Fresh Pear              | 29<br>Hot Honey Chicken Ciabatta Sandwich<br><br>French Toast Sticks w/ Scrambled Eggs (V)<br><br>Roasted Sweet Potatoes<br><br><b>Fresh Apple</b>             | 30<br>Adobo Chicken w/ Cilantro Brown Rice & Street Corn<br><br>Veggie Burger w/ Ketchup & Roasted Potatoes (V)<br><br>Fresh Banana     | 31<br>Egg Salad Sandwich (V)<br><br>French Bread Cheese Pizza (V)<br><br>Celery w/ Ranch Dressing<br><br><b>Fresh Apple</b>                         |


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# Snack Pre-K

MAY 2024

| MON   | TUE   | WED  | THU   | FRI  |
|---|---|--|---|--|
|   |   | 1<br>Blueberry Muffin w/<br>Mozzarella String<br>Cheese  | 2<br>Strawberry Yogurt<br>w/ Whole-Grain<br>Graham Crackers     | 3<br>Whole-Grain<br>Cheez-its w/ 100%<br>Fruit Juice         |
| 6<br>Strawberry Yogurt<br>w/ Whole-Grain<br>Graham Crackers | 7<br>Tostitos Scoops w/<br>100% Orange Juice          | 8<br>Whole-Grain<br>Cheez-its w/<br>100% Fruit Juice     | 9<br>Apple Cinnamon<br>Muffin w/ Mozzarella<br>String Cheese    | 10<br>Whole-Grain<br>Pretzels w/<br>Sunbutter                |
| 13<br>Blueberry Muffin<br>w/ Mozzarella<br>String Cheese    | 14<br>Whole-Grain<br>Cheez-its w/<br>100% Fruit Juice | 15<br>Whole-Grain<br>Pretzels w/ 100%<br>Orange Juice    | 16<br>Mozzarella String<br>Cheese w/ Fresh<br>Large Apple       | 17<br>Strawberry Yogurt<br>w/ Whole-Grain<br>Graham Crackers |
| 20<br>Whole-Grain<br>Pretzels w/<br>Sunbutter               | 21<br>Banana Muffin w/<br>Fresh Large Apple           | 22<br>Whole Grain<br>Sunchips w/ 100%<br>Orange Juice    | 23<br>Whole-Grain<br>Pretzels w/<br>Mozzarella String<br>Cheese | 24<br>Tostitos Scoops<br>w/ Fresh Large<br>Apple             |
| 27  | 28<br>Whole-Grain<br>Sunchips w/ 100%<br>Orange Juice | 29<br>Blueberry Muffin w/<br>Mozzarella String<br>Cheese | 30<br>Strawberry Yogurt<br>w/ Whole-Grain<br>Graham Crackers    | 31<br>Whole-Grain<br>Cheez-its w/ 100%<br>Fruit Juice        |

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# Snack K-12

MAY 2024

| MON   | TUE  | WED   | THU  | FRI  |
|---|--|---|--|--|
|   |  | 1<br>Blueberry Muffin w/ Mozzarella String Cheese     | 2<br>Whole-Grain Cheez-its w/ 100% Fruit Juice         | 3<br>Tostitos Scoops w/ 100% Apple Juice               |
| 6<br>Whole-Grain Cheez-its w/ 100% Fruit Juice    | 7<br>Doritos Cool Ranch w/100% Orange Juice                  | 8<br>Whole-Grain Graham Crackers w/ 100% Apple Juice  | 9<br>Apple Cinnamon Muffin w/ Mozzarella String Cheese | 10<br>Whole-Grain Pretzels w/ 100% Orange Juice        |
| 13<br>Banana Muffin w/ 100% Orange Juice          | 14<br>Baked Cheetos w/ 100% Fruit Juice                      | 15<br>Whole-Grain Graham Crackers w/Strawberry Yogurt | 16<br>Whole-Grain Pretzels w/ Mozzarella String Cheese | 17<br>Corn Muffin w/ 100% Orange Juice                 |
| 20<br>Roasted Sunflower Seeds w/ 100% Fruit Juice | 21<br>Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing | 22<br>Whole Grain Sunchips w/ 100% Orange Juice       | 23<br>Mozzarella String Cheese w/ Fresh Large Apple    | 24<br>Whole-Grain Graham Crackers w/ 100% Orange Juice |
| 27  | 28<br>Whole-Grain Graham Crackers w/ 100% Fruit Juice        | 29<br>Blueberry Muffin w/ Mozzarella String Cheese    | 30<br>Whole-Grain Cheez-its w/ 100% Fruit Juice        | 31<br>Tostitos Scoops w/ 100% Apple Juice              |

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