

September

Preschool Lunch Menu

MONDAY



8 Fish Sticks

Carrot Sticks
Apples
Ranch Dressing
Catsup

15 Popcorn Chicken

Carrot Sticks
Pears
Ranch Dressing
Catsup

22 Turkey Nachos w/Cheese

Seasoned Pinto Beans
Sliced Apples
Ranch Dressing

29 Teriyaki Beef Dippers w/Rice

Fresh Broccoli
Sliced Apples
Ranch Dressing

TUESDAY

2 Teriyaki Beef Dippers w/Rice

Broccoli
Apple Slices
Ranch Dressing

9 Chicken Tenders

BBQ Beans
Bananas
Catsup

16 Turkey Soft Tacos

Seasoned Pinto Beans
Bananas

23 Teriyaki BBQ Chicken w/Chow Mein

Fresh Broccoli
Bananas
Ranch Dressing

30 Chicken Corn Dogs

Seasoned Black Beans
Bananas
Catsup

WEDNESDAY

3 Chicken Corn Dogs

Seasoned Black Beans
Grapes
Ranch Dressing
Catsup
Mustard

10 Beef Italian Bake

Romaine Salad
Grapes
Ranch Dressing

17 Green Chili Chicken Enchilada Casserole

Romaine Salad
Grapes
Ranch Dressing

24 Chicken Shawarma w/Steamed Rice

Green Beans
Grapes

THURSDAY

4 Pulled Pork Banh Mi

Jicama Sticks
Mixed Fruit

11 Chicken Fajita Tacos

Diced Mixed Fruit
Jicama Sticks

18 Cheeseburger

Jicama Sticks
Mixed Fruit
Ranch Dressing
Catsup
Mustard

25 Cheese Pizza

Jicama Sticks
Strawberries
Ranch Dressing

FRIDAY

5 Cheese Pizza

Grape Tomatoes
Pears
Ranch Dressing

12 Cheesy Nachos

Grape Tomatoes
Pineapple Nibbles
Ranch Dressing

19 Cheesy Ravioli w/Marinara

Fresh Broccoli
Pineapple Nibbles
Ranch Dressing

26 Bean & Cheese Pupusa

Romaine Salad
Diced Peaches

NOTES: ALL GRAINS ARE WHOLE-GRAIN RICH. STUDENTS MUST SELECT A ½ CUP OF FRUIT AND OR A ½ CUP OF VEGETABLES WITH THEIR MEAL. MEALS ARE OFFERED WITH 1% WHITE MILK.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.