# Breakfast Pre-K

## JUNE 2024

### FIRST WEEK OF SUMMER SCHOOL 2024

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<tbody>
<tr>
<td>3</td>
<td>Blueberry Muffin w/ 100% Fruit Juice</td>
<td>Multi-Grain Cinnamon Flakes w/ Diced Peaches</td>
<td>Multi-Grain Cheerios w/ Fresh Apple</td>
<td>Yogurt w/ 100% Orange Juice</td>
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<tr>
<td>10</td>
<td>Multi-Grain Frosted Flakes w/ 100% Grape Juice</td>
<td>Yogurt w/ Fresh Apple</td>
<td>Honey Cheerios w/ Mixed Fruit Cup</td>
<td>Cinnamon Raisin Bagel w/ Butter &amp; 100% Fruit Juice</td>
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<td>24</td>
<td>Multi-Grain Frosted Flakes w/ 100% Grape Juice</td>
<td>Yogurt w/ Fresh Apple</td>
<td>Rice Chex w/ 100% Apple Juice</td>
<td>Cinnamon Raisin Bagel w/ Butter &amp; 100% Fruit Juice</td>
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### 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”

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</table>
| Cherry Cocoa Bar  
Fresh Pear & 100% Very Berry Juice | Strawberry Yogurt w/ Graham Crackers  
Fresh Apple & Diced Pineapple | Honey Cheerios w/ Graham Crackers  
Diced Peaches & 100% Grape Juice | Plain Bagel w/ Cream Cheese (V)  
Fresh Apple & 100% Orange Juice | Apple Jacks w/ Graham Crackers  
Raisins & 100% Grape Juice |
| 10  | 11  | 12  | 13  | 14  |
| Multi-Grain Cheerios w/ Graham Crackers  
Raisins & Applesauce | Strawberry Yogurt w/ Graham Crackers  
Fresh Apple & Diced Pineapple | Cinnamon Raisin Bagel w/ Butter  
Diced Peaches & 100% Grape Juice | Honey Cheerios w/ Graham Crackers  
Fresh Apple & 100% Orange Juice | Cherry Cocoa Bar  
Fresh Pear & 100% Very Berry Juice |
| 17  | 18  | 19  | 20  | 21  |
| 24  | 25  | 26  | 27  | 28  |
| Banana Muffin  
Raisins & Applesauce | Strawberry Yogurt w/ Graham Crackers  
Fresh Apple & Diced Pineapple | Multi-Grain Frosted Flakes w/Graham Crackers  
Diced Peaches & 100% Grape Juice | Cinnamon Toast Crunch w/Graham Crackers  
Fresh Apple & 100% Orange Juice | Cinnamon Crisp Bar  
Raisins & 100% Grape Juice |

First Week of Summer School 2024

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**Lunch Pre-K**

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<tr>
<td>Chicken Parmesan w/ Green Beans</td>
<td>Spanish Rice &amp; Beans (V)</td>
<td>Salisbury Steak w/ Roasted Potatoes</td>
<td>BBQ Chicken w/ Sweet Mashed Potatoes</td>
<td>Turkey Fajita w/ Brown Rice &amp; Corn</td>
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<tr>
<td>Penne Pasta in Tomato Sauce w/ Mozzarella Cheese &amp; Italian Vegetables (V)</td>
<td>Plantain</td>
<td>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)</td>
<td>Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</td>
<td>Cheese Pizza w/ Garden Salad &amp; Ranch Dressing (V)</td>
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<tr>
<td>Fresh Apple</td>
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<tr>
<td>Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese &amp; Sub Roll</td>
<td>Chicken Mole w/ Brown Rice Pilaf &amp; Green Peas</td>
<td>Chicken Fingers w/ Ketchup</td>
<td>Penne w/ Beef Meat Sauce &amp; Italian Vegetables</td>
<td>Home-Style Macaroni &amp; Cheese (V)</td>
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<tr>
<td>Cheese Raviolis w/ Tomato Sauce &amp; Italian Vegetables (V)</td>
<td>Spanish Rice &amp; Beans w/ Plantain (V)</td>
<td>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Com (V)</td>
<td>Penne w/ Chickpeas in Tomato Sauce w/ Broccoli (V)</td>
<td>Broccoli</td>
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<tr>
<td>Fresh Apple</td>
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**Lunch Milk Choices**
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## Lunch K-5

**Monday (MON)**
- **3** Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun
- Cheese Quesadilla w/ Sour Cream and Street Corn (V)
  - Fresh Apple

**Tuesday (TUE)**
- **4** BBQ Chicken w/ Brown Rice & Baked Beans
- Spanish Rice w/ Beans & Cheese (V)
  - Fresh Pear
  - Fresh Apple

**Wednesday (WED)**
- **5** Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing
- Cheese Ravioli w/ Green Beans (V)
  - Fresh Apple

**Thursday (THU)**
- **6** Turkey Fajita w/ Brown Rice & Carrots
- Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)
  - Fresh Banana
  - Fresh Apple

**Friday (FRI)**
- **7** NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing
- Cheese Pizza w/ Garden Salad & Ranch Dressing
  - Fresh Apple

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**First Week of Summer School 2024**

**Monday (MON)**
- **24** Chicken Nuggets w/ Ketchup & Baked Beans
- Falafel Bites w/ Black Beans & Tomato (V)
  - Fresh Apple

**Tuesday (TUE)**
- **25** Beef Meatballs in Tomato Sauce w/ Club Roll
- Home-Style Macaroni & Cheese (V)
  - Broccoli
  - Fresh Pear

**Wednesday (WED)**
- **26** Hot Honey Chicken Ciabatta Sandwich
- French Toast Sticks w/ Scrambled Eggs (V)
  - Fresh Apple
- Roasted Sweet Potatoes

**Thursday (THU)**
- **27** Adobo Chicken w/ Cilantro Brown Rice & Street Corn
- Veggie Burger w/ Ketchup & Roasted Potatoes (V)
  - Fresh Banana
  - Fresh Apple

**Friday (FRI)**
- **28** Egg Salad Sandwich (V)
- French Bread Cheese Pizza (V)
- Celery Sticks w/ Ranch Dressing
  - Fresh Apple

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<tr>
<td>3</td>
<td>Strawberry Yogurt w/ Whole-Grain Graham Crackers</td>
<td>Tostitos Scoops w/ 100% Orange Juice</td>
<td>Whole-Grain Cheez-Its w/ 100% Fruit Juice</td>
<td>Whole-Grain Pretzels w/ Sunbutter</td>
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<tr>
<td>10</td>
<td>Blueberry Muffin w/ Mozzarella String Cheese</td>
<td>Whole-Grain Cheez-Its w/ 100% Fruit Juice</td>
<td>Whole-Grain Pretzels w/ 100% Orange Juice</td>
<td>Mozzarella String Cheese w/ Fresh Large Apple</td>
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<td>Strawberry Yogurt w/ Whole-Grain Graham Crackers</td>
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<td>Whole-Grain Pretzels w/ Hummus</td>
<td>Whole-Grain Sunchips w/ 100% Orange Juice</td>
<td>Blueberry Muffin w/ Mozzarella String Cheese</td>
<td>Strawberry Yogurt w/ Whole-Grain Graham Crackers</td>
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<td>Whole-Grain Cheez-its w/ 100% Fruit Juice</td>
<td>Doritos Cool Ranch w/100% Orange Juice</td>
<td>Whole-Grain Graham Crackers w/ 100% Apple Juice</td>
<td>Apple Cinnamon Muffin w/ Mozzarella String Cheese</td>
<td>Whole-Grain Pretzels w/ 100% Orange Juice</td>
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<td>Banana Muffin w/ 100% Orange Juice</td>
<td>Baked Cheetos w/ 100% Fruit Juice</td>
<td>Whole-Grain Graham Crackers w/Strawberry Yogurt</td>
<td>Whole-Grain Pretzels w/ Mozzarella String Cheese</td>
<td>Corn Muffin w/ 100% Orange Juice</td>
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