

Pre-K

2023-24 Lunch Cycle Menu

4-Day Meal Pattern

	Day 1	Day 2	Day 3	Day 4	
Week 1	<p>Corn Dog or Corn Dog Minis 2 M/MA / 2 WGR</p> <p>OR Oven Fried Chicken 1.5 M/MA / .75 WGR Roll 2 WGR</p> <p>1/4 c Potatoes</p> <p>1/4 c Fruit Cup</p> <p>Milk</p>	<p>Nachos Grande 2 M/MA / 1 WGR</p> <p>OR Quesadilla 1.5 M/MA / 1 WGR or 2 M/MA / 2 WGR</p> <p>1/4 c Beans</p> <p>1/4 c Apricots</p> <p>Milk</p>	<p>Asian Bowl Egg Roll 2 M/MA / 1 WGR / 1/2 c VA</p> <p>OR Breaded Pork Chop 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR</p> <p>1/4 c Broccoli</p> <p>1/4 c Mandarin Oranges</p> <p>Milk</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p> <p>OR Cheeseburger Macaroni 1.5 M/MA / .5 WGR Roll 2 WGR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Sliced Fruit</p> <p>Milk</p>	
	Daily Entrée Optional choices				
	Daily	<p>Burger Choice 2 or 2.5 M/MA / 2 WGR</p>	<p>Hot Sandwich Choice 2 M/MA / 2 WGR</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p>	<p>Texas Basket Choice 1.5 M/MA / .75 WGR / 1/4 c VS</p>
	Must offer daily fruit, vegetable and milk with daily entrée optional choices				
Week 2	<p>Steak Fingers 1.5 M/MA / .75 WGR Gravy (NC)</p> <p>OR Fish Sticks 1.5 M/MA / .75 WGR</p> <p>1/4 c Potatoes Roll 2 WGR</p> <p>1/4 c Strawberries</p> <p>Milk</p>	<p>Tex-Mex Stack 2 M/MA / 1 WGR</p> <p>OR Chicken Fajitas 1.5 M/MA / 1 WGR</p> <p>1/4 c Beans</p> <p>1/4 c Hot Cinnamon Apples</p> <p>Milk</p>	<p>Chicken Alfredo 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p>OR Meatball Sub Sandwich 2 M/MA / 2 WGR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Peaches</p> <p>Milk</p>	<p>Potato Bowl 2 M/MA / 1/2 c VS Roll 2 WGR</p> <p>OR Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR 1/4 c Potatoes</p> <p>1/3 c Snowball Salad (1/4 c F)</p> <p>Milk</p>	
	PreK Minimums at Lunch: M/MA: 1.5 oz eq Grains: .5 oz Fruits: 1/4c Vegetables: 1/4c Milk: 3/4c unflavored. May Serve More.				

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4-Day Meal Pattern

	Day 1	Day 2	Day 3	Day 4	
Week 3	Enchiladas 2 M/MA / 2 WGR OR Meat & Cheese Chalupas 1.5 M/MA / .5 WGR 1/4 c Beans 1/4 c Orange Smiles Milk	Chicken Nuggets or Fish 1.5 M/MA / .75 WGR or 1 M/MA / .5 WGR Mac and Cheese 1 M/MA / .5 WGR OR Asian Bowl Egg Roll 2 M/MA / 1 WGR / 1/2 c VA 1/4 c Squash 1/4 c Sliced Fruit Milk	Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR OR Breaded Mozzarella Sticks 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR) 1/2 c Garden Salad 1/4 c Pears Milk	Roast Beef Sandwich or Philly Cheesesteak Sandwich 2 M/MA / 2 WGR OR X-treme Burrito 2 M/MA / 2 WGR 1/4 c Corn 1/4 c Rosy Applesauce Milk	
	Daily Entrée Optional choices				
	Daily	Burger Choice 2 or 2.5 M/MA / 2 WGR	Hot Sandwich Choice 2 M/MA / 2 WGR	Pizza Choice 2 M/MA / 2 WGR	Tex-Mex Choice 1.5 M/MA / 1 WGR
	Must offer daily Fruit, vegetable and milk with daily entrée optional choices				
Week 4	Breaded Drumstick 2 M/MA / .75 WGR Biscuit 2 WGR OR Chicken Spaghetti 2.25 M/MA / 1 WGR Breadstick 1 WGR 1/2 c Garden Salad 1/4 c Sliced Fruit Milk	Walking Taco 3 M/MA / 2 WGR OR Frito Pie 2.5 M/MA / 1 WGR 1/4 c Beans 1/4 c Chilled Pineapple Milk	Fiesta Bowl 2.5 M/MA / 1 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL OR Boneless Chicken Wings 1.5 M/MA / .75 WGR 1/4 c Cooked Carrots 1/4 c Mixed Fruit Milk	Chicken Parmesan 2.5 M/MA / 2 WGR / 1/2 c VR OR Steak Fingers 1.5 M/MA / .75 WGR Gravy (NC) 1/4 c Savory Green Beans 1/4 c Diced Peaches Milk	
	PreK Minimums at Lunch: M/MA: 1.5 oz eq Grains: .5 oz Fruits: 1/4c Vegetables: 1/4c Milk: 3/4c unflavored. May Serve More.				