

PreK

2020-21 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Oven Roasted Chicken 2 M/MA</p> <p>OR</p> <p>Cheeseburger Macaroni 1.5 M/MA/.5 WGR</p> <p>1/4 c Savory Green Beans Roll 2 WGR</p> <p>1/4 c Fruit Cup</p> <p>Milk</p>	<p>Nachos Grande 2 M/MA / 1 WGR 1/4 c Beans</p> <p>OR</p> <p>Taco Soup 2 M/MA / 1/2 c VA Cornbread 2 WGR</p> <p>OR</p> <p>Chicken Tortilla Soup 2 M/MA / 1/4 c VA Cornbread 2 WGR</p> <p>1/4 c Apricots</p> <p>Milk</p>	<p>Crispy or Grilled Chicken Sandwich 2 M/MA / 3 WGR or 2 WGR 1/4 c Oven Fries</p> <p>OR</p> <p>X-Treme Burrito 2 M/MA / 2 WGR 1/4 c Corn</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk</p>	<p>Asian Bowl Egg Roll 2 M/MA / 1 WGR / 1/2 c VA</p> <p>OR</p> <p>Hamburger Steak 2 M/MA Brown Gravy (NC) 1/4 c Roasted Potatoes</p> <p>1/4 c Mandarin Oranges Animal or Graham Crackers WGR</p> <p>Milk</p>	<p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>OR</p> <p>Fiesta Bowl 2.5 M/MA / 1 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL</p> <p>1/2 c Garden Salad</p> <p>1/4 c Sliced Fresh Seasonal Fruit</p> <p>Milk</p>
	Week 2	<p>Texas Basket 1.5 M/MA / .75 WGR / 1/4 c VS</p> <p>OR</p> <p>Monte Cristo Sandwich 2 M/MA / 2 WGR 1/4 c Potatoes</p> <p>OR</p> <p>Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR 1/4 c Oven Fries</p> <p>1/4 c Strawberries</p> <p>Milk</p>	<p>Tex-Mex Stack 2 M/MA / 1 WGR</p> <p>OR</p> <p>Chicken Fajitas 1.5 M/MA / 1 EG</p> <p>1/4 c Beans</p> <p>1/4 c Hot Cinnamon Apples Animal or Graham Crackers WGR</p> <p>Milk</p>	<p>Chicken Alfredo 2 M/MA / 1 EG Breadsticks 1 WGR</p> <p>OR</p> <p>Pizza Pocket or Cheesy Breadsticks 2 M/MA / 2 WGR</p> <p>1/2 c Garden Salad</p> <p>1/4 c Peaches</p> <p>Milk</p>	<p>Ranchero Wrap or X-Treme Burrito 2 M/MA / 1 EG 2 M/MA / 2 WGR 1/4 c Corn</p> <p>OR</p> <p>Country Pot Pie 2 M/MA / 2 EG / 1/2 c VA</p> <p>1/3 c Snowball Salad (1/4 c F) Animal or Graham Crackers WGR</p> <p>Milk</p>
<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</p>					

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Week 3	<p>Enchiladas 2 M/MA / 2 WGR</p> <p>OR Taquitos 1 M/MA / 1 WGR</p> <p>Queso 1 M/MA</p> <p>1/4 c Beans</p> <p>1/4 c Sliced Fresh Seasonal Fruit Animal or Graham Crackers WGR Milk</p>	<p>Meatball Sub Sandwich 2 M/MA / 2 WGR 1/4 c Tater Tots Grain Choice 2 WGR</p> <p>OR Chili Cheese Totchos 2 M/MA / 2 WGR / 1/4 c VS</p> <p>OR Chicken-n-Waffles 2 M/MA / 2 WGR 1/4 c Hash Browns</p> <p>1/4 c Strawberries</p> <p>Milk</p>	<p>Chicken Nuggets or Fish 1.5 M/MA / .75 WGR or 1 M/MA / .5 WGR</p> <p>Mac and Cheese 1 M/MA / .5 WGR 1/4 c Black-eyed Peas</p> <p>OR Asian Bowl Egg Roll 2 M/MA / 1 WGR / 1/2 c VA</p> <p>1/4 c Sliced Fruit</p> <p>Milk</p>	<p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>OR Ham and Cheese Melt OR Grilled Cheese Sandwich 2 M/MA / 2 WGR</p> <p>1/4 c Red Bell Pepper Strips OR 1/4 c Corn</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk</p>	<p>Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR</p> <p>OR Stuffed Baked Potato 2 M/MA / 3/4 c VS</p> <p>OR Potato Bowl 2 M/MA / 1/2 c VS</p> <p>1/4 c Cooked Carrots</p> <p>1/4 c Cinnamon Applesauce Animal or Graham Crackers WGR Milk Variety</p>
Week 4	<p>Breaded Drumstick 2 M/MA / .75 WGR Biscuit 2 EG</p> <p>1/4 c Sweet Potatoes</p> <p>1/4 c Sliced Fruit</p> <p>Milk</p>	<p>Crispy Tacos 1.5 M/MA / .5 WGR</p> <p>OR Frito Pie 2.5 M/MA / 1 WGR</p> <p>1/4 c Beans</p> <p>1/4 c Orange Smiles</p> <p>Milk</p>	<p>Lasagna or Ravioli 2 M/MA / 1 WGR</p> <p>OR Chicken Nuggets 1.5 M/MA / .75 WGR</p> <p>1/4 c Tuscan Vegetables</p> <p>1/4 c Fruit Cup</p> <p>Milk</p>	<p>Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR</p> <p>OR Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>1/4 c Cooked Carrots</p> <p>1/3 c Snowball Salad (1/4 c F)</p> <p>Milk</p>	<p>Pulled Pork Sliders 2 M/MA / 2 WGR</p> <p>OR Chicken Parmesan 2.5 M/MA / 1 WGR / 1 EG / 1/2 c VR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Chilled Pineapple Tidbits</p> <p>Milk</p>
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Week 5	<p>Steak Fingers 1.5 M/MA / .75 WGR Gravy (NC)</p> <p>OR</p> <p>Meatloaf 2 M/MA</p> <p>1/4 c Mashed Potatoes</p> <p>Roll 2 WGR</p> <p>1/4 c Strawberries</p> <p>Milk</p>	<p>Meat & Cheese Chalupas 1.5 M/MA / .5 WGR</p> <p>OR</p> <p>Enchiladas 2 M/MA / 2 WGR</p> <p>1/4 c Beans</p> <p>1/4 c Rosy Applesauce</p> <p>Milk</p>	<p>Chicken Tenders 2 M/MA / 1 WGR Gravy (NC)</p> <p>OR</p> <p>Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR</p> <p>1/4 c Steamed Broccoli</p> <p>1/4 c Mixed Fruit</p> <p>Milk</p>	<p>Chicken Spaghetti 2 M/MA / 1 EG Breadstick 1 WGR</p> <p>OR</p> <p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>1/4 c Cooked Carrots</p> <p>1/4 c Fresh Apple Slices</p> <p>Milk</p>	<p>Fish Sticks 1 M/MA / .5 WGR</p> <p>Mac and Cheese 1 M/MA / .5 WGR</p> <p>OR</p> <p>BBQ on a Bun 2 M/MA / 2 WGR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Orange Smiles</p> <p>Milk</p>
	Week 6	<p>Steak Fingers 1.5 M/MA / .75 WGR Gravy (NC)</p> <p>OR</p> <p>Roast Beef Sandwich or Philly Cheesesteak Sandwich 2 M/MA / 2 WGR</p> <p>1/4 c Potatoes</p> <p>1/4 c Strawberries and Bananas</p> <p>Milk</p>	<p>Spaghetti Bowl or Pizza Baked Pasta 2 M/MA / 1 EG / 1/4 c VR Breadstick 1 WGR</p> <p>OR</p> <p>French Bread Pizza 2 M/MA / 2 WGR</p> <p>1/2 c Garden Salad</p> <p>1/4 c Fruit Cup</p> <p>Milk</p>	<p>Boneless Chicken Wings 1.5 M/MA / .75 WGR 1/4 c Cooked Carrots</p> <p>OR</p> <p>Beef Stew 2 M/MA / 1/2 c VA w/ Cornbread 2 WGR</p> <p>1/4 c Peaches</p> <p>Milk</p>	<p>Mexican Combo Plate 1 Taco, 1 Tamale 2 M/MA / 1 WGR</p> <p>OR</p> <p>Quesadilla 1.5 M/MA / 1 EG or 2 M/MA / 2 WGR</p> <p>1/4 c Corn</p> <p>1/4 c Sliced Fresh Seasonal Fruit Animal or Graham Crackers WGR</p> <p>Milk</p>
<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</p>					