

PreK

2017-18 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Enchiladas 2 M/MA / 2 WGR</p> <p>OR</p> <p>Taquito 2 M/MA / 2 WGR Queso (NC)</p> <p>1/4 c Charro Beans 1/4 c Seasoned Corn</p> <p>1/4 c Sliced Seasonal Fruit</p> <p>Milk</p>	<p>Meatball Sub Sandwich 2 M/MA / 2 WGR / 1/4 c VR 1/4 c Potato Rounds</p> <p>OR</p> <p>Chili Cheese Combo 2 M/MA / 2 WGR / 1/4 c VS</p> <p>1/4 c Sliced Fresh Vegetables</p> <p>1/4 c Mixed Fruit</p> <p>Milk</p>	<p>Chicken Nuggets 1.5 M/MA / .75 WGR Mac and Cheese 1 M/MA / .5 WGR 1/4 c Savory Green Beans</p> <p>OR</p> <p>Asian Stir-Fry Flatbread 2 M/MA / 2 WGR / 1/2 c VA</p> <p>1/2 c Apple Slices</p> <p>Milk</p>	<p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR 1/4 c Seasoned Corn</p> <p>OR</p> <p>Fiesta Bowl 2 M/MA / 2 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk</p>	<p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish</p> <p>OR</p> <p>Frito Pie 2.5 M/MA / 1 WGR Lettuce and Tomato Garnish</p> <p>1/4 c Cucumber Slices</p> <p>1/4 c Cinnamon Applesauce</p> <p>Milk</p>
Week 2	<p>Steak Fingers 1.5 M/MA / .75 WGR Gravy</p> <p>OR</p> <p>Breaded Pork Chop 2 M/MA / .5 WGR Gravy</p> <p>1/4 c Mashed Potatoes 1/4 c Carrot Coins Roll 2 WGR</p> <p>1/4 c Strawberries and Bananas</p> <p>Milk</p>	<p>Spaghetti Bowl 2 M/MA / 1 WGR / 1/4 c VR Breadstick 1 WGR</p> <p>OR</p> <p>French Bread Pizza 2 M/MA / 2 WGR</p> <p>1/4 c California Blend Vegetables</p> <p>1/4 c Fruit Cup</p> <p>Milk</p>	<p>Boneless Chicken Wings 2 M/MA / 1 WGR</p> <p>OR</p> <p>Texas Chili 2 M/MA / 3/8 c VR Cornbread 2 WGR</p> <p>1/4 c Celery Sticks 1/4 c Carrot Sticks</p> <p>1/2 c Orange Smiles</p> <p>Milk</p>	<p>Mexican Combo Plate 1 Taco, 1 Tamale 1.75 M/MA / 1 WGR</p> <p>OR</p> <p>Chicken Quesadilla 2 M/MA / 2 WGR</p> <p>1/4 c Refried Beans 1/4 c Salsa Lettuce and Tomato Garnish 1/4 c Sliced Peaches</p> <p>Milk</p>	<p>Popcorn Chicken 1.5 M/MA / .5 WGR Roll 2 WGR</p> <p>OR</p> <p>Sloppy Joe Sandwich 2 M/MA / 2 WGR</p> <p>1/4 c Broccoli 1/4 c Oven Fries</p> <p>1/4 c Sliced Seasonal Fruit</p> <p>Milk</p>

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Week 3	<p>Breaded Drumstick 2 M/MA / .75 WGR</p> <p>OR</p> <p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>1/4 c Carrots 1/4 c Seasoned Corn</p> <p>1/4 c Sliced Grapes</p> <p>Milk</p>	<p>Crispy Tacos 2.5 M/MA / 1 WGR</p> <p>OR</p> <p>Frito Pie 2.5 M/MA / 1 WGR</p> <p>1/4 c Sliced Fresh Vegetables</p> <p>1/4 c Charro Beans</p> <p>1/4 c Sliced Fruit Choice Lettuce and Tomato Garnish</p> <p>Milk</p>	<p>Lasagna, Ravioli, or Stuffed Shells 2 M/MA / 1 WGR</p> <p>OR</p> <p>Chicken Nuggets 1 M/MA / .75 WGR 1/4 c Mashed Potatoes</p> <p>1/2 c Garden Salad</p> <p>1/4 c Pears</p> <p>Milk</p>	<p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish</p> <p>OR</p> <p>Hot Dog 2 M/MA / 2 WGR</p> <p>1/4 c Oven Fries 1/4 c Carrots</p> <p>1/2 c Orange Smiles</p> <p>Milk</p>	<p>Pulled Pork Sliders 2 M/MA / 2 WGR 1/4 c Coleslaw</p> <p>OR</p> <p>Chicken Parmesan 2.5 M/MA / 1 WGR / 1/2 c VR 1/2 c Garden Salad Breadstick 1 WGR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Chilled Pineapple</p> <p>Milk</p>
	Week 4	<p>Corn Dog 2 M/MA / 2 WGR 1/4 c Tater Tots</p> <p>OR</p> <p>Oven Roasted Chicken 2.5 M/MA 1/4 c Broccoli Roll 2 WGR</p> <p>1/4 c Baked Beans</p> <p>1/4 c Sliced Fruit Choice</p> <p>Milk</p>	<p>Nachos Grande 2 M/MA / 1 WGR 1/4 c Refried Beans 1/4 c Salsa Lettuce and Tomato Garnish</p> <p>OR</p> <p>Taco Soup 2 M/MA / 1/2 c VA Cornbread 2 WGR</p> <p>1/4 c Sliced Tomatoes 1/4 c Cucumber Slices</p> <p>1/4 c Peaches</p> <p>Milk</p>	<p>Chicken Sandwich 2 M/MA / 2 WGR 1/4 c Oven Fries</p> <p>OR</p> <p>X-Treme Burrito 2 M/MA / 2 WGR 1/4 c Salsa 1/4 c Seasoned Corn Lettuce and Tomato Garnish</p> <p>1/4 c Sliced Fresh Vegetables</p> <p>1/4 c Mandarin Oranges</p> <p>Milk</p>	<p>Asian Bowl Eggroll 2 M/MA / 2 WGR / 1/2 c VA</p> <p>OR</p> <p>Salisbury Steak 2 M/MA Biscuit 2 WGR Brown Gravy 1/4 c Roasted Potatoes</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk</p>

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Week 5	<p>Country Fried Steak Strips 1.5 M/MA / .75 WGR Gravy</p> <p>OR</p> <p>"Your School" Meatloaf 2 M/MA</p> <p>1/4 c Mashed Potatoes</p> <p>Roll 2 WGR</p> <p>1/2 c Strawberry Cup</p> <p>Milk</p>	<p>Meat & Cheese Chalupas 2 M/MA / 1 WGR</p> <p>OR</p> <p>Enchiladas 2 M/MA / 2 WGR</p> <p>1/4 c Salsa 1/4 c Zesty Cucumbers 1/4 c Refried Beans</p> <p>Lettuce and Tomato Garnish 1/4 c Rosy Applesauce</p> <p>Milk</p>	<p>Chicken Tenders 2 M/MA / 1 WGR Gravy</p> <p>OR</p> <p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish</p> <p>1/4 c Broccoli 1/4 c Sweet Potato Fries</p> <p>1/4 c Mixed Fruit</p> <p>Milk</p>	<p>Chicken Spaghetti 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p>OR</p> <p>Pizza Choice 2 M/MA / 2 WGR / 1/8 c VR</p> <p>1/2 c Garden Salad 1/4 c Carrots</p> <p>1/2 c Apple Slices</p> <p>Milk</p>	<p>Shrimp Poppers or Fish Sticks .5 M/MA / .5 WGR or 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 Coleslaw 1/4 c Savory Green Beans</p> <p>1/2 c Orange Smiles</p> <p>Milk</p>
	Week 6	<p>Texas Basket 1.5 M/MA / 2.75 WGR / 1/4 c VS</p> <p>OR</p> <p>Hamburger/Cheeseburger 2 M/MA / 2 WGR or 2.5 M/MA / 2 WGR Hamburger Garnish 1/4 c Oven Fries</p> <p>1/4 Cup Sliced Fresh Vegetables</p> <p>1/4 c Mixed Fruit</p> <p>Milk</p>	<p>Tex-Mex Stack 2 M/MA / 1 WGR</p> <p>OR</p> <p>Chicken Fajitas 2 M/MA / 2 WGR</p> <p>1/4 c Charro Beans 1/4 c Salsa</p> <p>Lettuce and Tomato Garnish 1/4 c Hot Cinnamon Apples</p> <p>Milk</p>	<p>Chicken Alfredo 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p>OR</p> <p>Calzone 2 M/MA / 2 WGR / 1/4 c VR</p> <p>1/4 c Tuscan Vegetables 1/2 c Garden Salad</p> <p>1/4 c Peaches</p> <p>Milk</p>	<p>Grilled Cheese Sandwich 2 M/MA / 2 WGR</p> <p>OR</p> <p>Country Pot Pie 2 M/MA / 2 WGR / 1/2 c VA</p> <p>1/4 Cup Sliced Fresh Vegetables</p> <p>2/3 c Snowball Salad (1/2 c F)</p> <p>Milk</p>