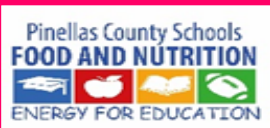


September 2024 Pre-K in class Lunch Menu



Fun Fact!

Snap Beans

- Snap beans can be green, yellow, purple, speckled, and more
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable



Menus are subject to change!

We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>Grilled Cheese (WG) Grilled Ham & Cheese(WG)</p> <p>Glazed Carrots Seasonal Fresh Fruits Unflavored 1% Low-Fat</p>	<p>3</p> <p>Beef or Pork Tacos w/ Soft Shell Tortillas (WG)</p> <p>Refried Fiesta Beans Orchard Canned Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>4</p> <p>Macaroni & Cheese (WG)</p> <p>Broccoli Florets Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>5</p> <p>Crispy Chicken Sandwich (WG)</p> <p>Deli Roasted Potato Sun Sweet Dried Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>6</p> <p>Breakfast for Lunch (WG)</p> <p>Carrot Dippers Side Salad Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>9</p> <p>Grilled Cheese (WG) Grilled Ham & Cheese(WG)</p> <p>Glazed Carrots Seasonal Fresh Fruits Unflavored 1% Low-Fat</p>	<p>10</p> <p>Max Snax Quesadilla (WG) Chicken Cheese Quesadilla</p> <p>Sliced Cucumber Side Salad Salsa Cup Orchard Canned Fruits Unflavored 1% Low-Fat</p>	<p>11</p> <p>Popcorn Chicken (WG) w/ Roll (WG)</p> <p>Mashed Potato & Gravy Seasonal Fresh Fruits Unflavored 1% Low-Fat</p>	<p>12</p> <p>Chicken & Veg Dumplings w/ Chicken Fried Rice (WG)</p> <p>Romaine Side Salad Sun Sweet Dried Fruits Unflavored 1% Low-Fat</p>	<p>13</p> <p>Hamburger on a Bun (WG) Cheeseburger on a Bun</p> <p>Country Baked Beans Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>16</p> <p>Chicken Tenders (WG) & Waffles (WG)</p> <p>Corn Niblets Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>17</p> <p>Cheese Max Sticks (WG)</p> <p>Santa Fe Black Beans Marinara Sauce Cup Orchard Canned Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>18</p> <p>Teriyaki Beef Dippers w/ Rice & (WG)</p> <p>House Mixed Side Salad Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>19</p> <p>Big Daddy Cheese or Pepperoni Pizza (WG)</p> <p>Green Beans Sun Sweet Dried Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>20</p> <p>Chicken Penne Alfredo w/ Garlic Bread (WG)</p> <p>Broccoli Florets Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>23</p>  <p>Grilled Cheese (WG) Grilled Ham & Cheese (WG)</p> <p>Glazed Carrots Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>24</p> <p>Beef or Pork Tacos w/ Soft Shell Tortillas (WG)</p> <p>Refried Fiesta Beans Orchard Canned Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>25</p> <p>Macaroni & Cheese (WG)</p> <p>Broccoli Florets Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>26</p> <p>Crispy Chicken Sandwich (WG)</p> <p>Deli Roasted Potato Sun Sweet Dried Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>27</p> <p>Breakfast for Lunch (WG)</p> <p>Carrot Dippers Side Salad Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>30</p> <p>Grilled Cheese (WG) Grilled Ham & Cheese (WG)</p> <p>Glazed Carrots Seasonal Fresh Fruits Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>			<p>PAY FOR SCHOOL MEALS ONLINE</p> 	<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>

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