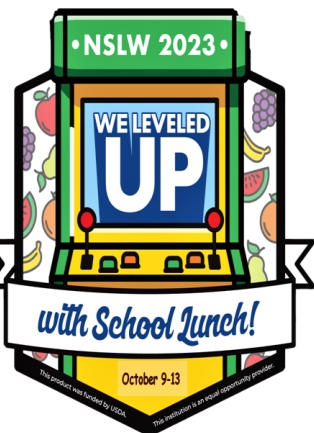


# October 2023 Pre-K in class Lunch Menu

October 9-13 2023



**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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Popcorn Chicken &amp; Roll (WG)</b> Corn Niblets Fresh Fruit Unflavored 1% Low-Fat</p>	<p>3</p> <p><b>Cheesy Bread (WG)</b> Refried Fiesta Beans Marinara Sauce Cup Cupped Fruit Unflavored 1% Low-Fat</p>	<p>4</p> <p><b>Teriyaki Beef Dippers w/ Rice (WG)</b> Broccoli Florets Fresh Fruit Unflavored 1% Low-Fat</p>	<p>5</p> <p><b>Chicken Parmesan Sandwich (WG)</b> Romaine Side Salad Dried Fruit Unflavored 1% Low-Fat</p>	<p>6</p> <p><b>Pizza (WG)</b> Carrot Dippers Side Salad Fresh Fruit Unflavored 1% Low-Fat</p>
<p>9</p> <p><b>Dill Nuggets &amp; Roll (WG)</b> Farmstand Veggie Cup Fresh Fruit Unflavored 1% Low-Fat</p>	<p>10</p> <p><b>Beef Taco's w/ Tortillas</b> Santa Fe Black Beans Cupped Fruit Unflavored 1% Low-Fat</p>	<p>11</p> <p><b>Macaroni &amp; Cheese (WG)</b> Broccoli Florets Fresh Fruit Unflavored 1% Low-Fat</p>	<p>12</p> <p><b>Breakfast for Lunch (WG)</b> Deli Roasted Potato Dried Fruit Unflavored 1% Low-Fat</p>	<p>13</p> <p><b>Pizza (WG)</b> Carrot Dippers Side Salad Fresh Fruit Unflavored 1% Low-Fat</p>
<p>16</p> <p><b>No School for Students Pro-Ed Day</b></p> 	<p>17</p> <p><b>Grilled Cheese Sandwich</b> Seasoned Carrots Cupped Fruit Unflavored 1% Low-Fat</p>	<p>18</p> <p><b>Beefy-Mac (WG)</b> Corn Niblets Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>19</p> <p><b>Cheese Quesadilla (WG)</b> Cucumbers Side Salad Salsa Cup • Dried Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>20</p> <p><b>Pizza Variety (WG)</b> Broccoli Florets Fresh Fruit Unflavored 1% Low-Fat</p>
<p>23</p> <p><b>Popcorn Chicken &amp; Roll (WG)</b> Corn Niblets Fresh Fruit Unflavored 1% Low-Fat</p>	<p>24</p> <p><b>Cheesy Bread (WG)</b> Refried Fiesta Beans Marinara Sauce Cup Cupped Fruit Unflavored 1% Low-Fat</p>	<p>25</p> <p><b>Teriyaki Beef Dippers w/ Rice (WG)</b> Broccoli Florets Fresh Fruit Unflavored 1% Low-Fat</p>	<p>26</p> <p><b>Chicken Parmesan Sandwich (WG)</b> Romaine Side Salad Dried Fruit Unflavored 1% Low-Fat</p>	<p>27</p> <p><b>Pizza (WG)</b> Carrot Dippers Side Salad Fresh Fruit Unflavored 1% Low-Fat</p>
<p>30</p> <p><b>Dill Nuggets &amp; Roll (WG)</b> Farmstand Veggie Cup Fresh Fruit Unflavored 1% Low-Fat</p>	<p>31</p> <p><b>Beef Tacos w/ Tortillas</b> Santa Fe Black Beans Cupped Fruit Unflavored 1% Low-Fat</p>	<p>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!</p>		<p><b>PAY FOR SCHOOL MEALS ONLINE</b></p> 

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