



# Pre-Kindergarten Menu



Every lunch includes low-fat, white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fun Time Sack Lunch! Choice of Sandwich Baked Chips Carrots Fruit Juice Fruit Cup	2 Nachos Lettuce & Tomato Refried Beans Spanish Rice Fruit Cup	3 Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	4 Pizza Tossed Salad Steamed Broccoli Fruit Wiggles	5 Specialty Burger Basket with French Fries Lettuce with Pickles Fresh Fruit
8 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup	9 Tacos Lettuce & Tomato Spanish Rice Charro Beans Pineapple Tidbits	10 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup	11 Pizza Tossed Salad Seasoned Green Beans Banana Sundae	12 Cheese Burger Basket with French Fries Lettuce with Pickles Fresh Fruit
15 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	16 Crispitos Lettuce & Tomato Spanish Rice Refried Beans Pineapple Tidbits	17 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup	18 Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit	19  <b>ENJOY YOUR EASTER!</b>
22 Boneless Wings with Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	23 Soft Tacos Lettuce & Tomato Charro Beans Spanish Rice Rainbow Pears	24 Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	25 Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	26 Chicken Strip Basket with Fries Lettuce with Pickles Fresh Fruit

## Mix it Up!



*Mix up your fruit and veggie intake with a yummy smoothie!! Smoothies taste just as good, if not better, than candy and soda, but are very healthy for you!*

Blend yogurt or milk with fruit and veggie pieces and crushed ice. Use fresh, frozen, and/or canned fruits and veggies. Try bananas, berries, and/or pineapple for the fruit pieces and kale or spinach for the veggies. If you freeze the fruit first, you can even skip the ice!



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

Low-fat, white milk, an option of Fresh Fruit or Fruit Cup, and a Choice of Juice are offered everyday.

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