

Pre-K Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Steak Fingers **1**
 Steamed Rice
 Whole Corn/Green Beans
 Applesauce in a Bag
 Whole Wheat Roll
 Low Fat Milk
 Ketchup

BBQ Rib Sandwich **2**
 Crispy French Fries
 Fresh Oranges
 Low Fat Milk
 Ketchup
 Mayonnaise
 Mustard

Meatloaf **3**
 Mashed Potatoes
 Seasoned Cabbage
 Frozen Fruit Juice Cups
 Cornbread
 Low Fat Milk

Chicken Tenders **4**
 Cheesy Broccoli
 Chilled Diced Pears
 Whole Wheat Roll
 Low Fat Milk
 Sweet & Sour Sauce

Bacon Cheeseburger **7**
 Bacon Ranch Fries
 Fresh Orange Smiles
 Low Fat Milk

Country Fried Steak **8**
 Mashed Potatoes
 Assorted Fruit Juices
 Cornbread
 Low Fat Milk
 Assorted Gelatins

Mexican Pizza **9**
 Peas and Carrots
 Fresh Apples
 Low Fat Milk

Chicken Spaghetti **10**
 Green Beans w
 Potatoes
 Fresh Apples
 Whole Wheat Roll
 Low Fat Milk

Chili Con Carne w/ Beans **11**
 Saltine Crackers
 Crispy French Fries
 Fruit Slushes
 Low Fat Milk
 Ketchup

Fall Break – No School **14**

Lasagna **15**
 Whole Kernel Corn
 Applesauce
 Whole Wheat Roll
 Low Fat Milk

Beef Steak Burgers **16**
 Seasoned Potato Wedges
 Chilled Diced Pears
 Low Fat Milk

Chicken Fajitas **17**
 Corn on the Cob
 Fresh Fruit Cup
 Chicken Salad Salad
 Low Fat Milk

Philly Cheese Steak **18**
 Sandwich
 Crispy French Fries
 Fresh Apples
 Low Fat Milk
 Ketchup

Chicken Nuggets **21**
 Mashed Potatoes w/
 Cheese
 Fresh Apples
 Cornbread
 Low Fat Milk
 Ketchup

Cheeseburger Pie **22**
 Mexicali Corn
 Chilled Peach Slices
 Low Fat Milk

American Sub **23**
 Crispy French Fries
 Fresh Oranges
 Low Fat Milk
 Ketchup
 Mayonnaise
 Mustard

John Wayne Casserole **24**
 Whole Kernel Corn
 Fresh Pears
 Whole Wheat Roll
 Low Fat Milk

Meat Lover's Pizza **25**
 Tossed Salad w/ Dressing
 Fresh Fruit Cup
 Low Fat Milk

Hamburger Steak w/ gravy **28**
 Mashed Potatoes
 Frozen Fruit Juice Cups
 Whole Wheat Roll
 Low Fat Milk

Beef Stroganoff over Rice **29**
 Steamed Broccoli
 Cornbread
 Fresh Apples
 Assorted Fruit Juices
 Low Fat Milk
 Chocolate Milk

Beef Taco w/ Soft Taco **30**
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 Whole Kernel Corn
 Fruit Cocktail
 Low Frat Milk

Taco Soup **31**
 Cornbread
 Assorted Fruit Juices
 Low Fat Milk