

# OCTOBER 2023

## BROAD STREET PRE-K MENU

**What is a Meal?**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white or Lactate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - broccoli & romaine  
**Red/Orange** - carrots, tomatoes & red peppers  
**Starchy** - fries & corn  
**Other Vegetables:** celery sticks, cucumbers, green beans and peas  
**Featured Fruit May Include:**  
oranges, apples, bananas, grapes, pears, peaches, strawberries, applesauce & mixed fruit

**LEAVE YOUR LUNCHBOX AT HOME!**

**DAILY ALTERNATE INCLUDE:**

**PB&J Uncrustable**

Lunch Prices Student \$3.50 Reduced  
\$.00 Adult \$5.00

**Kristine Colo**  
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**\*Menu subject to change.**  
**USDA is an equal opportunity provider  
and employer.**

  
**NUTRI-SERVE**  
FOOD MANAGEMENT, INC.

### Monday

**2**

Nachos  
& Cheese

**Featured Veggies:**  
Steamed Broccoli  
Baby Carrotsw/ Ranch  
Fresh Fruit  
1% Milk

### Tuesday

**3**

National Soft Taco Day!  
Tacos on a Wraps  
w/ Topping

**Featured Veggies:**  
Golden Corn  
Cucumbers w/ Ranch  
Cupped Fruit  
1% Milk

### Wednesday

**4**

Grilled Cheese  
on w/g White Bread  
w/ Tomatoe Soup

**Featured Veggies:**  
Hash Brown  
Pepper Slices w/ Ranch  
Fresh Fruit  
1% Milk

### Thursday

**5**

Chicken  
Nuggets  
w/ Mac & Cheese

**Featured Veggies:**  
Seasoned Green Beans  
Baby Carrotsw/ Ranch  
Cupped Fruit  
1% Milk

### Friday

**6**

Nardone's  
French  
Bread  
Pizza

**Featured Veggies:**  
Garden Salad  
Fresh Fruit  
1% Milk

**9**

**NO**

**SCHOOL**

**10**

Cheese Burger  
on a w/g Bun

**Featured Veggies:**  
Oven Fries  
Cucumbers w/ Ranch  
Cupped Fruit  
1% Milk

**11**

French Toast Sticks  
w/ Sausage & Syrup

**Featured Veggies:**  
Hash Brown  
Pepper Slices w/ Ranch  
Fresh Fruit  
1% Milk

**12**

Popcorn  
Chicken

**Featured Veggies:**  
Mashed Potatoes & Gravy  
Golden Corn  
Baby Carrotsw/ Ranch  
Cupped Fruit  
1% Milk

**13**

Nardone's  
Stuffed  
Crust  
Pizza

**Featured Veggies:**  
Caesar Salad  
Fresh Fruit  
1% Milk

**16**

Stuffed Bread Sticks  
w/ Marinara Sauce

**Featured Veggies:**  
Popping Peas  
Baby Carrotsw/ Ranch  
Fresh Fruit  
1% Milk

**17**

National Pasta Day!  
Meat Sauce w/ Pasta

**Featured Veggies:**  
Streamed Carrots  
Cucumbers w/ Ranch  
Fruit Cup  
1% Milk

**18**

Italian Hoagie  
on a w/g Torp w/ Chips

**Featured Veggies:**  
Pepper Slices w/ Ranch  
Fresh Fruit  
1% Milk

**19**

Chicken  
Parmesan  
w/ w/a Pasta

**Featured Veggies:**  
Seasoned Green Beans  
Baby Carrotsw/ Ranch  
Cupped Fruit  
1% Milk

**20**

Nardone's  
Round  
Pizza

**Featured Veggies:**  
Garden Salad  
Fresh Fruit  
1% Milk

**23**

Chicken Patty  
on a w/g Bun

**Featured Veggies:**  
Oven Fries  
Baby Carrotsw/ Ranch  
Fresh Fruit  
1% Milk

**24**

Nacho's Grande  
w/ Topping

**Featured Veggies:**  
Golden Corn  
Cucumbers w/ Ranch  
Cupped Fruit  
1% Milk

**25**

Cheese Burger  
on a w/g Bun

**Featured Veggies:**  
Tater Tots  
Pepper Slices w/ Ranch  
Fresh Fruit  
1% Milk

**26**

Chicken  
Nuggets  
w/ Waffles & Syrup

**Featured Veggies:**  
Hash Brown  
Baby Carrotsw/ Ranch  
Cupped Fruit  
1% Milk

**27**

Nardone's  
Pepperoni  
Pizza

**Featured Veggies:**  
Caesar salad  
Fresh Fruit  
1% Milk

**30**

Mozzarella Sticks  
w/ Marinara Sauce

**Featured Veggies:**  
Steamed Broccoli  
Baby Carrotsw/ Ranch  
Fresh Fruit  
1% Milk

**31**

Walking Taco's  
w/ Dorito's & Topping

**Featured Veggies:**  
Golden Corn  
Cucumbers w/ Ranch  
Cupped Fruit  
1% Milk