

## Pre-K Lunch Menu

### Monday

Steak Fingers **2**  
 Steamed Rice  
 Green Beans  
 Applesauce  
 Low Fat Milk  
 Skim Milk  
 Ketchup

### Tuesday

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

### Wednesday

Chicken Tenders **4**  
 Cheesy Broccoli  
 Chilled Diced Pears  
 Whole Wheat Roll  
 Low Fat Milk  
 Skim Milk

### Thursday

Vegetable Beef Soup **5**  
 w/ Cheese Toast  
 Fresh Apples  
 Low Fat Milk  
 Skim Milk

### Friday

American Sub **6**  
 Crispy French Fries  
 Fresh Orange  
 Low Fat Milk  
 Skim Milk  
 Ketchup  
 Mayonnaise  
 Mustard

Beef Taco w/ Soft Taco **9**  
 Whole Kernel Corn  
 Fruit Cocktail  
 Low Fat Milk  
 Skim Milk

Meat Lover's Pizza **10**  
 Tossed Salad w/ Dressing  
 Fresh Fruit Cup  
 Low Fat Milk  
 Skim Milk

Beef Steak Burgers **11**  
 Seasoned Potato Wedges  
 Chilled Diced Pears  
 Low Fat Milk  
 Skim Milk

Baked Chicken **12**  
 Steamed Rice  
 Peas & Carrots  
 Cornbread  
 Fresh Fruit Cup  
 Low Fat Milk  
 Skim Milk

John Wayne Casserole **13**  
 Green Beans  
 Fresh Pears  
 Whole Wheat Roll  
 Low Fat Milk  
 Skim Milk

Chicken Nuggets **16**  
 Mashed Potatoes  
 Fresh Pears  
 Whole Wheat Roll  
 Low Fat Milk  
 Skim Milk  
 Ketchup

Chicken Noodle Soup **17**  
 Steamed Broccoli  
 Cornbread  
 Assorted Fruit Juices  
 Low Fat Milk  
 Skim Milk

Grilled Chicken Sandwich **18**  
 Cheesy Baked Potato  
 Fresh Apple  
 Low Fat Milk  
 Skim Milk  
 Chocolate Chip Cookie

Homemade Dressing **19**  
 Baked Turkey  
 Green Bean Casserole  
 Banana Pudding  
 Low Fat Milk  
 Skim Milk

**20**  
 Manager's  
 Choice

**23** Christmas Break!! **24** Happy Holidays **25** **26** **27**

**30** Christmas Break!! **31** Happy Holidays

