

Pre-Kindergarten Menu

AUGUST



Every Lunch also includes a choice of milk.

Monday

20
 Chicken Nuggets
 Hot Roll
 Mashed Potatoes
 Green Beans
 Fruit Cup

Tuesday

21
 Italian Dippers
 Seasoned Veggies
 Colorful Apple Sauce

Wednesday

22
 Corn Dog
 Cucumber Nachos
 Baked Beans
 Fruit Cup

Thursday

23
 Nachos
 Refried Beans
 Spanish Rice
 Lettuce & Tomato
 Fruit Cup

Friday

24
 Burger & Fries
 Lettuce & Pickles
 Fresh Fruit

27
 Chicken Rings
 Hot Roll
 Mashed Potatoes
 Steamed Broccoli
 Fruit Cup

28
 Pizza
 Garden Salad
 Berries & Cream

29
 Fun Time Meal
 Choice of Sandwich
 Baked Chips
 Fruit Cup
 Fruit Juice
 Pickle Salad/Carrots

30
 Tacos
 Charro Beans
 Spanish Rice
 Lettuce & Tomato
 Fruit Cup

31
 Burger & Fries
 Lettuce & Pickles
 Fresh Fruit

Do you want to do great in school this year? Below are some tip to help you do your best!

- Exercise! Scientists have found that exercise can help Jumpstart your brain so you can get better grades
- Eat breakfast! It helps you concentrate and improve in the classroom!
- Get lots of sleep! You need to be rested so you can learn and play.

Fruits and Vegetables are an important part of your child's diet! Sometimes, a fun arrangement can get kids eating. Make up a plate of mini foods (baby carrots, baby corn, cherry tomatoes, etc.) or make a face out of vegetables, complete with peas for eyes, a carrot for the nose and sprouts for hair!

Monday

Pop Tarts & Cereal or

Tuesday

Scrambled Eggs with Bacon and

Wednesday

Biscuits and Gravy or Pancake Wrap

Thursday

Breakfast Pizza or Chicken Biscuit

Friday

Breakfast Sandwich or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



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