

September Menu

Pre-K

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
30th Mini Corn Dog with Chips Steamed Vegetables Fruit Cup	31st Cheese Nachos Lettuce & Tomato Refried Beans Creamy Mandarin Oranges	1st Baked Zita with Garlic Toast Seasoned Vegetables Side Salad Fruit Cup	2nd Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes	3rd Chicken Slider Basket with Fries Lettuce & Pickles Fresh Fruit
6th  Happy LAB DAY	7th Soft Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple Fluff	8th Pizza Seasoned Vegetable Side Salad Fruit Cup	9th Boneless Wings with Hot Roll Mashed Potatoes Steamed Vegetables Color-Filled Apple Sauce	10th Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit
13th Hot Dog Macaroni & Cheese Steamed Vegetables Cucumber Salad Fruit Cup	14th Crispitos Side Salad Pinto Beans Spanish Rice Berries & Cream	15th Pizza Seasoned Vegetables Side Salad Fruit Cup	16th Chicken Tenders with Hot Roll Mashed Potatoes Steamed Vegetables Fruit Cup	17th Chicken Slider Basket with Fries Lettuce & Pickles Fresh Fruit
20th Mini Corn Dog with Chips Green Beans Glazed Carrots Fruit Cup	21st Cheese Nachos Lettuce & Tomato Refried Beans Creamy Mandarin Oranges	22nd Pizza Seasoned Vegetables Side Salad Fruit Cup	23rd Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Banana Sundaes	24th Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit
27th Popcorn Chicken Steamed Vegetables Side Salad Fruit Cup	28th Soft Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple Fluff	29th Spaghetti with Meat Sauce and Garlic Toast Seasoned Green Beans Side Salad Fruit Cup	30th Chicken Strips with Hot Roll Mashed Potatoes Seasoned Vegetables Apple Crisp	October 1st Chicken Slider Basket with Fries Lettuce & Pickles Fresh Fruit

Prepare for Success!

Do you want to do great in school this year? Below are some tips 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.

Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	French Toast Sticks	Eggs with Bacon	Pancake on a Stick	Pig in a Blanket	Ham & Cheese Croissant
Week 2	Yogurt and Cereal	Biscuits and Gravy	Breakfast Sandwich	Eggs with Sausage	Breakfast Pizza