

Breakfast Pre-K

August 2025

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component
Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18 Cheerios w/ 100% Grape Juice	19 Strawberry Banana Yogurt w/ Fresh Apple	20 Rice Chex w/ 100% Apple Juice	21 Multi-Grain Cheerios w/ Fresh Apple	22 Banana Muffin w/ Diced Peaches
25 Blueberry Muffin w/ 100% Fruit Punch Juice	26 Strawberry Banana Yogurt w/ Fresh Apple	27 Cheerios w/ 100% Grape Juice	28 Corn Muffin w/ Fresh Apple	29 Multi-Grain Cheerios w/ 100% Orange Tangerine Juice

This institution is an equal opportunity provider.

Breakfast K-12

August 2025

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MON	TUE	WED	THU	FRI
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4	5	6	7	8
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18 Cinnamon Crisp Bar Raisins & 100% Grape Juice	19 Strawberry Yogurt w/ Graham Crackers(V) or Turkey Sausage Breakfast Pizza Fresh Apple & Diced Pineapple	20 Trix Cereal w/ Graham Crackers or Cinnamon Bun Diced Peaches & 100% Grape Juice	21 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Fresh Apple & 100% Orange Juice	22 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
25 Banana Muffin Raisins & Applesauce	26 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	27 Multi-Grain Frosted Flakes w/ Graham Crackers or Sunrise Breakfast Calzone Diced Peaches & 100% Grape Juice	28 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & 100% Orange Juice	29 Cinnamon Crisp Bar Raisins & 100% Grape Juice

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Lunch Pre-K

August 2025

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18 Beef Cheeseburger w/ Ketchup & Green Beans or Spanish Rice & Beans (V) Plantain Fresh Apple	19 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	20 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	21 Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Fresh Banana	22 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
25 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Fresh Apple	26 Spanish Rice & Beans (V) Plantain Fresh Pear	27 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/Whole Wheat Bread Slice & Corn (V) Fresh Apple	28 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli(V) Fresh Banana	29 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple

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Lunch Pre-K

Cold Wednesday

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11	12	13	14	15
18	19	20	21	22
25 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Fresh Apple	26 Spanish Rice & Beans (V) Plantain Fresh Pear	27 Turkey & Cheese Sandwich or Cheese Sandwich (V) Chickpea Salad Fresh Apple	28 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Banana	29 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple

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Lunch K-8

August 2025

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18 Salisbury Steak w/ Gravy or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	19 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Mayo (V) Baked Beans Fresh Pear	20 Spaghetti and Beef Meatballs in Tomato Sauce w/ Broccoli or Home-style Macaroni & Cheese (V) Fresh Apple	21 Breaded Chicken Sandwich w/ Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Banana	22 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Sandwich Fresh Apple
25 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	26 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	27 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	28 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	29 Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple

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Lunch K-8

Cold Wednesday

August 2025

MON

TUE

WED

THU

FRI

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	26 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	27 Turkey & Cheese Sandwich or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple	28 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	29 Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple

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Lunch K-8

Cold Friday

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25 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	26 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	27 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	28 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	29 Chicken Salad Flatbread or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple

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Lunch 9-12

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11	12	13	14	15
18 Salisbury Steak w/ Gravy or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange	19 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Ketchup (V) Baked Beans Diced Peaches & Fresh Pear	20 Spaghetti & Beef Meatballs in Tomato Sauce or Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana & Fresh Apple	21 Breaded Chicken Sandwich w/ BBQ Sauce & Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Diced Pineapple & Fresh Banana	22 Turkey & Cheese Sandwich w / Mayo or Cheese Pizza (V) Baby Carrots w/Ranch Dressing Fresh Apple & Raisins
25 Chicken Nugget w/ Ketchup & Baked Beans Whole-Wheat Bread Slice or Falafel Bites w/ Quinoa Pilaf, Black Beans, & Tomatoes Fresh Apple & Fresh Orange	26 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	27 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	28 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Mixed Fruit & Fresh Banana	29 Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins

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Lunch 9-12

Cold Friday

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25	26	27	28	29
Chicken Nugget w/ Ketchup & Baked Beans Whole-Wheat Bread Slice or Falafel Bites w/ Quinoa Pilaf, Black Beans, & Tomatoes Fresh Apple & Fresh Orange	General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Mixed Fruit & Fresh Banana	Chicken Salad Flatbread or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins

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Snack K-12

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MON	TUE	WED	THU	FRI
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18 Honey Roasted Sunflower Seeds w/ 100% Fruit Punch Juice	19 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	20 Whole-Grain Sunchips w/ 100% Orange Tangerine Juice	21 Mozzarella String Cheese w/ Fresh Large Apple	22 Whole-Grain Graham Crackers w/ 100% Orange Tangerine Juice
25 Whole-Grain Pretzels w/ 100% Orange Tangerine Juice	26 Whole-Grain Graham Crackers w/ 100% Fruit Juice	27 Blueberry Muffin w/ Mozzarella String Cheese	28 Whole-Grain Cheez-its w/ 100% Fruit Punch Juice	29 Tostitos Scoops w/ 100% Apple Juice

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25 Whole-Grain Graham Crackers w/ Vanilla Yogurt	26 Tostitos Scoops w/ 100% Very Berry Juice	27 Whole-Grain Cheez-its w/ Fresh Large Apple	28 Mozzarella String Cheese w/ 100% Fruit Punch Juice	29 Whole-Grain Pretzels w/ Sunbutter

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Supper Grab&Go

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MON	TUE	WED	THU	FRI
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Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	Build Your Own Pizza Kit (V) Fresh Orange	Chicken Salad Flatbread Salad w/ Ranch Dressing Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Graham Crackers (V) Mozzarella String Cheese Baby Carrots Applesauce
25	26	27	28	29
Strawberry Yogurt w/ Graham Crackers (V) Mozzarella String Cheese Baby Carrots Applesauce	Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	Honey Bagel w/ Butter (V) Mozzarella String Cheese Garden Side Salad w/ Ranch Dressing Pineapple Cup	Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)

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