



Pre-K 4 SA Menu: October 5th - 9th

(Cycle: Week 3, Day 11 - 15)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
Breakfast	Strawberry Spooners Seasonal Fresh Fruit Milk	Chicken & Waffles WG Chicken Nuggets WG Waffle Cinnamon Peaches Milk (Syrup)	Turkey Sausage Patty WG Biscuit Pineapple Tidbit Cup Milk (Jelly)	Breakfast Pizza (Bacon/Egg/Cheese) Seasonal Fresh Fruit Milk	WW English Muffin Mandarin Oranges Milk (Jelly)
Lunch	Chicken Penne Alfredo Grilled Chicken Strips WG Penne Pasta Alfredo Sauce Steamed Broccoli Diced Pear Cup Milk	Beef Meatloaf Tomato Sauce Brown Rice Steamed Corn Milk	Chicken Chili Mac Ground Chicken WW Macaroni Pasta Shredded Cheese Normandy Blend Veg Cinnamon Apples Milk	WG Mini Turkey Corn Dogs Sweet Potato Fries Seasoned Zucchini Milk (Ketchup; Mustard)	Chic N' Mac Grilled Chicken Nuggets WG Macaroni Pasta Cheese Sauce Baked Beans Seasonal Fresh Fruit Milk (Ketchup)
Snack	Multi-Grain Sun Chips 100% Orange Juice	WG Animal Crackers Mozzarella String Cheese	Gingerbread Cookie Milk	Fruit Yogurt Cup WW Crackers	Apple Cereal Bar Milk
Late Snack	Honey Graham Crackers Applesauce Cup	Baby Carrots Pretzels	Rice Krispy Treat Seasonal Fresh Fruit	WG Cinnamon Goldfish Craisins	Diced Peach Cup WW Crackers

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