



Pre-K 4 SA Menu: October 3rd - 7th

(Cycle: Week 2, Day 6 - 10)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| | 3-Oct | 4-Oct | 5-Oct | 6-Oct | 7-Oct |
| Breakfast | Honey Graham Cereal Fresh Whole Fruit Milk | Scrambled Eggs Shredded Cheese WW French Toast Sticks Applesauce Cup Milk (Syrup) | Breakfast Sausage Sandwich Turkey Sausage Patty WW English Muffin Dragon Punch Juice Milk | Breakfast Burrito (Egg, Salsa, Cheese) Cinn./Raisin Apples Milk | Fruit & Yogurt Plate Vanilla Yogurt Granola Diced Mango Milk |
| Lunch | Salisbury Steak Brown Gravy WW Buttered Egg Noodles Brown Sugar Baby Carrots Mandarin Orange Cup Milk | Cheese Ravioli WG Cheese Mini Ravioli Shredded Mozzarella Cheese Spaghetti Sauce Steamed Broccoli Milk | Sweet & Sour Chicken Diced Chicken Sweet & Sour Sauce Steamed Brown Rice Edamame Fresh Whole Fruit Milk | Open-Faced Chicken Sloppy Joes Ground Chicken WW Hamburger Bun Wax & Green Beans Diced Butternut Squash Milk | WG Pollock Fish Sticks Steamed Brown Rice Steamed Corn Fresh Fruit Cup Milk (Ketchup) |
| Snack | Vanilla Wafer Cookies 100% Grape Juice | Mozzarella String Cheese Honey Graham Crackers | Cheddar Rectangle White Cheddar Popcorn | Apple Cereal Bar Fruit Yogurt Cup | WG Animal Crackers Baby Carrots |
| Late Snack | WG Chocolate Bear Raisins | Pineapple Cereal Bar Wango Mango Juice | Oatmeal Strawberry Bar Craisins | Mini Bagel Sun Butter | Fresh Whole Fruit WG Vanilla Dino Grahams |

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Pre-K 4 SA Menu: October 10th - 14th

(Cycle: Week 3, Day 11 - 15)

FIELD TRIP @ NORTH - 60? SACK LUNCHES

| | MONDAY 10-Oct | TUESDAY 11-Oct | WEDNESDAY 12-Oct | THURSDAY 13-Oct | FRIDAY 14-Oct |
|-------------------|------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | Student Holiday | Strawberry Spooner Cereal Fresh Whole Fruit Milk | Turkey Sausage Patty Cinn./Raisin Oatmeal Wango Mango Juice Milk | Breakfast Pizza (Bacon/Egg/Cheese) Fresh Whole Fruit Milk | Hardboiled Egg WW Croissant Mixed Berries Milk |
| Lunch | | Beef Meatloaf Tomato Sauce Steamed Brown Rice Steamed Corn Milk | Chicken Chili Mac Ground Chicken WW Macaroni Pasta Shredded Cheese Normandy Blend Veg Mixed Fruit Cup Milk | Open-Faced Pulled Pork Sandwich Pulled Pork WW Hamburger Bun Sweet Potato Chunks Seasoned Zuchinni Milk | Chic N' Mac Grilled Chicken Nuggets WG Macaroni Pasta Cheese Sauce Baked Beans Fresh Whole Fruit Milk (Ketchup) |
| Snack | | Gingerbread Cookie Raisins | WG Cheddar Chex Mix Baby Carrots | Fruit Yogurt Cup Corn Nuts | Apple Cereal Bar Craisins |
| Late Snack | | Mozzarella String Cheese Pretzels | WG Animal Crackers Fresh Whole Fruit | WG Cinnamon Goldfish Dragon Punch Juice | Honey Graham Crackers Cinn. Applesauce Cup |

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Pre-K 4 SA Menu: October 17th - 21st

(Cycle: Week 4, Day 16 - 20)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 17-Oct | 18-Oct | 19-Oct | 20-Oct | 21-Oct |
| Breakfast | Toasty O's Cereal Fresh Whole Fruit Milk | Breakfast Sandwich Egg Patty Sliced Cheese WW English Muffin Fresh Fruit Cup Milk | WW Pancakes Very Berry Sauce Turkey Sausage Links Dragon Punch Juice Milk | Breakfast Taco Scrambled Eggs Diced Potatoes WW Tortilla Cinn./Raisin Apples Milk | Fruit & Yogurt Plate Vanilla Yogurt Granola Mixed Berries Milk |
| Lunch | Cut Turkey Breast WW Roll Brown Gravy Garlic Mashed Potatoes Steamed Peas Milk | Spaghetti & Chicken Meatballs Chicken Meatballs WW Spaghetti Spaghetti Sauce Steamed Broccoli Diced Pear Cup Milk | Turkey Hot Dog Turkey Frank WW Hot Dog Bun Sweet Potato Tots Green Beans & Tomatoes Milk (Ketchup; Mustard) | Chicken Ranchero Diced Chicken Ranchero Sauce Spanish Brown Rice Pinto Beans Fresh Whole Fruit Milk | Ham & Swiss Sandwich Half Sliced Ham Swiss Cheese WW Bread Cucumber Slices Mandarin Oranges Milk (Mayo; Ranch Dressing) |
| Snack | WG Apple Cinnamon Bear Raisins | WW Chocolate Chip Cookie Wango Mango Juice | Celery Sticks Sun Butter | Pineapple Cereal Bar Craisins | Marranitos Mozzarella String Cheese |
| Late Snack | WG Cheddar Goldfish 100% Apple Juice | Baby Carrots Multi-Grain Sun Chips | Cheddar Rectangle WG Cinnamon Goldfish | Fresh Whole Fruit Corn Nuts | White Cheddar Popcorn Applesauce Cup |

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Pre-K 4 SA Menu: October 24th - 28th

(Cycle: Week 5, Day 21 - 25)

FIELD TRIP @ NORTH - 60? SACK LUNCHES

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| | MONDAY 24-Oct | TUESDAY 25-Oct | WEDNESDAY 26-Oct | THURSDAY 27-Oct | FRIDAY 28-Oct |
|-------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | Raisin Bran Cereal Fresh Whole Fruit Milk | Breakfast Sandwich Turkey Canadian Bacon Sliced Cheese WW Bagel Cinn./Raisin Apples Milk | WG Blueberry Muffin Mozzarella String Cheese Fresh Fruit Cup Milk | Turkey Sausage Links WG Waffle Fresh Whole Fruit Milk (Syrup) | Breakfast Taco Refried Beans Shredded Cheese WW Tortilla Wango Mango Juice Milk |
| Lunch | Beef, Bean & Cheese Burrito Pinto Beans Spanish Brown Rice Mexicali Corn Straw. Applesauce Cup Milk | Chicken Penne Alfredo Grilled Chicken Strips WG Penne Pasta Alfredo Sauce Steamed Broccoli Pineapple Tidbit Cup Milk | Chicken Picadillo Ground Chicken Potatoes, Tomato, Onion Corn Tortilla Potatoes Rancheros Sugar Snap Peas Milk | WG Mini Turkey Corn Dogs Steamed Coin Carrots Seasoned Yellow Squash Milk (Ketchup; Mustard) | Breaded Chicken Wrap WG Breaded Chicken Lettuce & Tomato WW Tortilla Fresh Baby Carrots Milk (Ranch Dressing) |
| Snack | WG Granola Fruit Yogurt Cup | WG Sun Butter & Jelly Sandwich | Celery Sticks Cream Cheese | Strawberry Delights Cookie 100% Apple Juice | Pretzels Hummus Dip |
| Late Snack | WG Blueberry Muffin Raisins | Apple/Cin. Rice Cake 100% Grape Juice | Fresh Whole Fruit WG Vanilla Dino Grahams | Gingerbread Cookie Cheddar Rectangle | WG Cheddar Chex Mix Craisins |

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