



Pre-K 4 SA Menu: October 19th - 23rd

(Cycle: Week 1, Day 1 - 5)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
Breakfast	Cinnamon Toasters Seasonal Fresh Fruit Milk	WG Chicken & Biscuits WG Chicken Nuggets WG Biscuit Cinnamon Apples Milk (Jelly)	Turkey Sausage Links WG Waffle Seasonal Fresh Fruit Milk (Syrup)	WW English Muffin Mandarin Oranges Milk (Jelly)	WW Pancakes Pineapple Tidbit Cup Milk (Syrup)
Lunch	Chicken Strips WW Roll Mashed Potatoes Creamed Spinach Milk (Ketchup)	Cheese Enchiladas Enchilada Sauce Pinto Beans Seasonal Fresh Fruit Milk	Spaghetti & Meat Sauce Ground Chicken WW Spaghetti Spaghetti Sauce Peas & Carrots Cinnamon Peaches Milk	Hamburger & Fries Beef Patty WW Hamburger Bun Oven Fries Diced Pear Cup Milk (Ketchup; Mustard)	Margherita Cheese Pizza Cheese Pizza Shredded Mozzarella Tomato/Basil Italian Blend Veg Seasonal Fresh Fruit Milk
Snack	WW Crackers Cheddar Rectangle	Oatmeal Strawberry Bar 100% Orange Juice	Chewy Granola Bar Milk	Vanilla Wafer Cookies Applesauce Cup	Fruit Yogurt Cup WG Chocolate Graham
Late Snack	Oatmeal Cookies Craisins	Pretzels Diced Peach Cup	Applesauce Cup WW Crackers	Apple/Cin. Rice Cake Craisins	Baby Carrots Multi-Grain Sun Chips

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