




September

2022-2023 Pre-school Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Dark Green	Red/Orange	Starchy	Beans & Legumes	Other
			1 Chicken Salad Hispanic Style Bread roll Salad Bar	2 Chef's Special
5  Happy Labor Day No School	6 Chicken Nugget Cucumber Sticks Garlic Bread Orange Wedges	7 Beans Tostada W/Queso Fresco Lettuce & Tomato Orange Wedges	8 Pizza Pack Salad Bar	9 Chicken Burger W/Lettuce & Tomato Seasonal Fruit
12 Chicken Nuggets Baby Carrots Berries	13 Pinto Beans De Olla Queso Fresco Corn Chips Salad Bar	14 BBQ Chicken Bread Stick Salad Bar	15 Chef's Special	16 Oven Fried Chicken Green Beans Mashed Potatoes
19 Tamales Spanish Coleslaw Lemon Wedge Apple	20 Spaghetti W/Meat Sauce Bread Stick Salad Bar	21 Chicken Pozole Corn Chips Orange Wedges	22 Turkey Pinwheels Salad Bar	Chef's Special
26 Oven Pizza Salad Bar	27 Chicken Wrap Tomato Wedges Diced Melon	28 Chili Con Carne Bread Roll	29 Ham & Cheese Sandwich W/lettuce & Tomato Fresh Berries	30 Beans & Cheese Burrito Salad Bar

Menu is subject to change without notice *Not all items may be available everyday*

Snack Meal consists of 2 of the 5 meal components

All of the Grains/Bread items served are whole grain at 2 oz equivalent (All sub-groups offered weekly)

Offered Daily: 1 cup 1% unflavored milk, 1/2 cup of fruit 1/2 cup of vegetables and 2 oz. equivalent of protein

Serving ages: 3-5 years old

