




May



2022-2023 Pre-School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Dark Green	Red/Orange	Starchy	Beans & Legumes	Other
Chicken burger	Macaroni & Cheese	Pack out lunch	Burrito	Fish Sticks
Chef salad	Roasted		Beans & Cheese	Mashed Potatoes
Orange Wedges	Zucchini slice		Strawberry	Steamed Broccoli
8	9	10	11	12
Chicken drum stick	Turkey Deli	Pack out lunch	Chicken Burger	Cheese pull a part
Yellow rice	Sandwich		Corn & black beans	Cucumber Slice
Steamed broccoli	Lettuce/Tomato/Cheese		salsa	
Apple	Strawberry		Tangelo	Orange wedges
15	16	17	18	19
Chicken sandwich	Pizza	Popcorn chicken	Beans toastada	Tamales
Side Salad		w/mash potato	Cabbage	Jicam sticks
w/ Ranch	Chef salad	corn & gravy	Queso fresco	
Diced Watermelon	Diced pineapple		Tangelo	Orange Wedges
22	23	24	25	26
Beef burger	Spaghetti	Pack out lunch	Chili con carne	Chef's
	W/meat sauce		Corn chips	Inspiration
Steamed broccoli	Garlic bread			
Orange wedges	Apple		Corn salsa	
29	30	31		
 MEMORIAL DAY	Chicken breast	Pack out lunch		
No School	Oven fries			
	Steamed carrot			
	Bread roll			

"All of the Grains/Bread items served are whole grain at 1 1/2 oz equivalent

Offered Daily: 6oz 1% unflavored milk, 1/4 cup of fruit, 1/4 cup of vegetables, 1 1/2 oz. equivalent of meat/meat alternatives

Serving Ages: 3-5 years old



