

PreK

2022-23 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Corn Dog or Corn Dog Minis 2 M/MA / 2 WGR OR Oven Fried Chicken 1.5 M/MA / .75 WGR Roll 2 WGR 1/4 c Potatoes 1/4 c Fruit Cup Milk	Nachos Grande 2 M/MA / 1 WGR OR Quesadilla 1.5 M/MA / 1 WGR or 2 M/MA / 2 WGR 1/4 c Beans 1/4 c Apricots Milk	Crispy or Grilled Chicken Sandwich 2 M/MA / 3 WGR or 2 WGR OR Spaghetti Bowl 2 M/MA / 1 WGR Breadstick 1 WGR 1/2 c Garden Salad 3/4 c Fruity Gelatin (1/2 c F) Milk	Asian Bowl Egg Roll 2 M/MA / 1 WGR / 1/2 c VA OR Breaded Pork Chop 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR 1/4 c Broccoli 1/4 c Mandarin Oranges Milk	Pizza Choice 2 M/MA / 2 WGR OR Cheeseburger Macaroni 1.5 M/MA / .5 WGR Roll 2 WGR 1/4 c Savory Green Beans 1/4 c Sliced Fruit Milk	
	Daily Entrée Optional choices					
	Daily	Burger Choice 2 or 2.5 M/MA / 2 WGR	Hot Sandwich Choice 2 M/MA / 2 WGR	Pizza Choice 2 M/MA / 2 WGR	Tex-Mex Choice 1.5 M/MA / 1 WGR	Texas Basket Choice 1.5 M/MA / .75 WGR / 1/4 c VS
	Must offer daily fruit, vegetable and milk with daily entrée optional choices					
Week 2	Steak Fingers 1.5 M/MA / .75 WGR Gravy (NC) OR Fish Sticks 1.5 M/MA / .75 WGR 1/4 c Potatoes Roll 2 WGR 1/4 c Strawberries Milk	Tex-Mex Stack 2 M/MA / 1 WGR OR Chicken Fajitas 1.5 M/MA / 1 WGR 1/4 c Beans 1/4 c Hot Cinnamon Apples Milk	Chicken Alfredo 2 M/MA / 1 WGR Breadstick 1 WGR OR Meatball Sub Sandwich 2 M/MA / 2 WGR 1/4 c Savory Green Beans 1/4 c Peaches Milk	Ranchero Wrap 2 M/MA / 1 WGR OR Popcorn Chicken 1.5 M/MA / .75 WGR 1/4 c Corn 1/4 c Fresh Apple Slices Milk	Potato Bowl 2 M/MA / 1/2 c VS Roll 2 WGR OR Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR 1/4 c Potatoes 1/3 c Snowball Salad (1/4 c F) Milk	
	PreK Minimums at Lunch: M/MA: 1.5 oz eq Grains: .5 oz Fruits: 1/4c Vegetables: 1/4c Milk: 3/4c unflavored; May Serve More					

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Week 3	Enchiladas 2 M/MA / 2 WGR OR Meat & Cheese Chalupas 1.5 M/MA / .5 WGR 1/4 c Beans 1/4 c Orange Smiles Milk	Chili Cheese Totchos 1.5 M/MA / 1/4 c VS Grain Choice 2 WGR OR Chicken-n-Waffles 2 M/MA / 2 WGR 1/4 c Potatoes 1/4 c Strawberries and Bananas Milk	Chicken Nuggets or Fish 1.5 M/MA / .75 WGR or 1 M/MA / .5 WGR Mac and Cheese 1 M/MA / .5 WGR OR Asian Bowl Egg Roll 2 M/MA / 1 WGR / 1/2 c VA 1/4 c Squash 1/4 c Sliced Fruit Milk	Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR OR Breaded Mozzarella Sticks 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR) 1/2 c Garden Salad 1/4 c Pears Milk	Roast Beef Sandwich or Philly Cheesesteak Sandwich 2 M/MA / 2 WGR OR X-treme Burrito 2 M/MA / 2 WGR 1/4 c Corn 1/4 c Rosy Applesauce Milk	
	Daily Entrée Optional choices					
	Daily	Burger Choice 2 or 2.5 M/MA / 2 WGR	Hot Sandwich Choice 2 M/MA / 2 WGR	Pizza Choice 2 M/MA / 2 WGR	Tex-Mex Choice 1.5 M/MA / 1 WGR	Texas Basket Choice 1.5 M/MA / .75 WGR / 1/4 c VS
	Must offer daily fruit, vegetable and milk with daily entrée optional choices					
Week 4	Breaded Drumstick 2 M/MA / .75 WGR Biscuit 2 WGR OR Chicken Spaghetti 2.25 M/MA / 1 WGR Breadstick 1 WGR 1/2 c Garden Salad 1/4 c Sliced Fruit Milk	Walking Taco 3 M/MA / 2 WGR OR Frito Pie 2.5 M/MA / 1 WGR 1/4 c Beans 1/4 c Chilled Pineapple Milk	Lasagna 2 M/MA / 1 WGR / 1/8 c VR OR Cheesy Breadsticks 2 M/MA / 2 WGR 1/4 c Broccoli 1/4 c Cinnamon Applesauce Milk	Fiesta Bowl 2.5 M/MA / 1 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL OR Boneless Chicken Wings 1.5 M/MA / .75 WGR 1/4 c Cooked Carrots 1/4 c Mixed Fruit Milk	Chicken Parmesan 2.5 M/MA / 2 WGR / 1/2 c VR OR Steak Fingers 1.5 M/MA / .75 WGR Gravy (NC) 1/4 c Savory Green Beans 1/4 c Peaches Milk	
	PreK Minimums at Lunch: M/MA: 1.5 oz eq Grains: .5 oz Fruits: 1/4c Vegetables: 1/4c Milk: 3/4c unflavored; May Serve More					