

PreK

2021-22 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	<p><b>Corn Dog</b> or <b>Corn Dog Minis</b> 2 M/MA / 2 WGR</p> <p><b>OR</b> <b>Oven Fried Chicken</b> 1.5 M/MA / .75 WGR Roll 2 WGR</p> <p>1/4 c Potatoes</p> <p>1/4 c Fruit Cup</p> <p>Milk</p>	<p><b>Nachos Grande</b> 2 M/MA / 1 WGR</p> <p><b>OR</b> <b>Quesadilla</b> 1.5 M/MA / 1 WGR or 2 M/MA / 2 WGR</p> <p>1/4 c Pinto Beans</p> <p>1/4 c Apricots</p> <p>Milk</p>	<p><b>Crispy or Grilled Chicken Sandwich</b> 2 M/MA / 3 WGR or 2 WGR</p> <p><b>OR</b> <b>Spaghetti Bowl</b> 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p>1/2 c Garden Salad</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk</p>	<p><b>Asian Bowl</b> Egg Roll 2 M/MA / 1 WGR / 1/2 c VA</p> <p><b>OR</b> <b>Breaded Pork Chop</b> 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR</p> <p>1/4 c Broccoli</p> <p>1/4 c Mandarin Oranges</p> <p>Milk</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR</p> <p><b>OR</b> <b>Cheeseburger Macaroni</b> 1.5 M/MA / .5 WGR Roll 2 WGR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Sliced Seasonal Fruit</p> <p>Milk</p>	
	Daily Entrée Optional choices					
	Daily	<p><b>Burger Choice</b> 2 or 2.5 M/MA / 2 WGR</p>	<p><b>Hot Sandwich Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Pizza Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Tex-Mex Choice</b> 2 M/MA / 2 WGR</p>	<p><b>Texas Basket Choice</b> 1.5 M/MA / .75 WGR / 1/4 c VS</p>
	Must offer daily fruit, vegetable and milk with daily entrée optional choices					
Week 2	<p><b>Steak Fingers</b> 1.5 M/MA / .75 WGR Gravy (NC)</p> <p><b>OR</b> <b>Fish Sticks</b> 1.5 M/MA / .75 WGR</p> <p>1/4 c Potatoes Roll 2 WGR</p> <p>1/4 c Strawberries</p> <p>Milk</p>	<p><b>Tex-Mex Stack</b> 2 M/MA / 1 WGR</p> <p><b>OR</b> <b>Chicken Fajitas</b> 1.5 M/MA / 1 WGR</p> <p>1/4 c Beans</p> <p>1/4 c Hot Cinnamon Apples</p> <p>Milk</p>	<p><b>Chicken Alfredo</b> 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p><b>OR</b> <b>Meatball Sub Sandwich</b> 2 M/MA / 2 WGR</p> <p>1/4 c Savory Green Beans</p> <p>1/4 c Peaches</p> <p>Milk</p>	<p><b>Ranchero Wrap</b> 2 M/MA / 1 WGR</p> <p><b>OR</b> <b>Popcorn Chicken</b> 1.5 M/MA / .75 WGR</p> <p>1/4 c Corn</p> <p>1/4 c Fresh Apple Slices</p> <p>Milk</p>	<p><b>Potato Bowl</b> 2 M/MA / 1/2 c VS Roll 2 WGR</p> <p><b>OR</b> <b>Hot Dog or Pig in a Blanket</b> 2 M/MA / 2 WGR 1/4 c Potatoes</p> <p>1/3 c Snowball Salad (1/4 c F)</p> <p>Milk</p>	
	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	<b>Enchiladas</b> 2 M/MA / 2 WGR  <b>OR</b> <b>Meat &amp; Cheese Chalupas</b> 1.5 M/MA / .5 WGR  1/4 c Beans  1/4 c Orange Smiles  Milk	<b>Chili Cheese Totchos</b> 1.5 M/MA / 1/4 c VS Grain Choice 2 WGR  <b>OR</b> <b>Chicken-n-Waffles</b> 2 M/MA / 2 WGR  1/4 c Potatoes  1/4 c Strawberries and Bananas  Milk	<b>Chicken Nuggets or Fish</b> 1.5 M/MA / .75 WGR or 1 M/MA / .5 WGR <b>Mac and Cheese</b> 1 M/MA / .5 WGR  <b>OR</b> <b>Asian Bowl</b> Egg Roll 2 M/MA / 1 WGR / 1/2 c VA  1/4 c Squash  1/4 c Sliced Fruit  Milk	<b>Hamburger/Cheeseburger</b> 2 or 2.5 M/MA / 2 WGR  <b>OR</b> <b>Breaded Mozzarella Sticks</b> 2 M/MA / 2 WGR <b>Marinara Sauce (1/2 c VR)</b>  1/2 c Garden Salad  1/4 c Pears  Milk	<b>Roast Beef Sandwich or Philly Cheesesteak Sandwich</b> 2 M/MA / 2 WGR  <b>OR</b> <b>X-treme Burrito</b> 2 M/MA / 2 WGR  1/4 c Corn  1/4 c Rosy Applesauce  Milk	
	<b>Daily Entrée Optional choices</b>					
	Daily	<b>Burger Choice</b> 2 or 2.5 M/MA / 2 WGR	<b>Hot Sandwich Choice</b> 2 M/MA / 2 WGR	<b>Pizza Choice</b> 2 M/MA / 2 WGR	<b>Tex-Mex Choice</b> 2 M/MA / 2 WGR	<b>Texas Basket Choice</b> 1.5 M/MA / .75 WGR / 1/4 c VS
	<b>Must offer daily fruit, vegetable and milk with daily entrée optional choices</b>					
Week 4	<b>Breaded Drumstick</b> 2 M/MA / .75 WGR Biscuit 2 WGR  <b>OR</b> <b>Chicken Spaghetti</b> 2.25 M/MA / 1 WGR Breadstick 1 WGR  1/2c Garden Salad  1/4 c Sliced Fruit  Milk	<b>Walking Taco</b> 3 M/MA / 2 WGR  <b>OR</b> <b>Frito Pie</b> 2.5 M/MA / 1 WGR  1/4 c Beans  1/4 c Chilled Pineapple  Milk	<b>Lasagna</b> 2 M/MA / 1 WGR / 1/4 c VR  <b>OR</b> <b>Cheesy Breadsticks</b> 2 M/MA / 2 WGR  1/4 c Broccoli  1/4 c Cinnamon Applesauce  Milk	<b>Fiesta Bowl</b> 2.5 M/MA / 1 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL  <b>OR</b> <b>Boneless Chicken Wings</b> 1.5 M/MA / .75 WGR  1/4 c Cooked Carrots  1/4 c Mixed Fruit  Milk	<b>Chicken Parmesan</b> 2.5 M/MA / 2 WGR / 1/2 c VR  <b>OR</b> <b>Steak Fingers</b> 1.5 M/MA / .75 WGR  1/4 c Savory Green Beans  1/4 c Peaches  Milk	
	<b>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</b>					