

2019-2020 SOAR Prep • Palmdale Prep • Knight Prep

Breakfast is \$2.00 Daily • Lunch is \$3.50 Daily

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/12/19 09/16/19	Banana Bread Fruit Juice & Fresh Fruit	Cereal & Muffin Fruit Cup & Fresh Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Concha Variety Sunflower Seed Kernels Fresh Fruit & Fruit Cup	Sausage & Cheese Breakfast Sandwich Fresh Fruit & Fruit Juice
10/21/19 12/02/19	Cuban Sandwich Baby Carrots Tomatoes/Cucumber Lettuce & Pickle Cup Fruit Cup or Fresh Fruit	Corndog Baked Beans Celery & Jicama Sticks Fresh Fruit or Fruit cup	Pepperoni Pizza Pocket Seasoned Green Beans Baby Carrots Fruit Cup or Fresh Fruit	BBQ Teriyaki Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fruit Juice or Fresh Fruit	Hamburger Lettuce & Pickle Cup Baby Carrots Seasoned Corn Fresh Fruit or Fruit Cup
01/27/20 03/02/20					
04/13/20 05/18/19					
08/19/19 09/23/19	Cinnamon Crumb Cake Fruit Juice & Fresh Fruit	French Toast Sticks Fruit Cup & Fresh Fruit	Cereal Bar & Yogurt Fresh Fruit & Fruit Juice	PB&J Jamwich Fresh Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
10/28/19 12/09/19	Breaded Chicken Strips Macaroni & Cheese Seasoned Green Beans Baby Carrots Fruit Cup or Fresh Fruit	Cheddar Cheese Enchiladas Refried Beans Celery & Jicama Sticks Fruit Cup or Fresh Fruit	Deep Dish Pizza Garden Salad Tomatoes/Cucumber Fresh Fruit or Frozen Fruit	Firecracker Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fruit Cup or Fresh Fruit	Chicken Sandwich Seasoned Corn Baby Carrots Fruit Cup & Fresh Fruit
02/03/20 03/09/20					
04/20/20 05/25/20					
08/26/19 09/30/19	Concha Variety Fruit Juice & Fresh Fruit	Bagel w/ Cream Cheese Fruit Cup & Fresh Fruit	Cinnamon Bun Fresh Fruit & Fruit Juice	Beef Sausage Biscuit Fresh Fruit & Fruit Cup	Cereal & Pop Tart Fresh Fruit & Fruit Juice
11/04/19 12/16/19	Pasta Alfredo/Queso Garlic Bread Stick Garden Salad Baby Carrots Fruit Cup or Fresh Fruit	Grilled Cheese Sandwich BBQ Beans Celery Sticks & Jicama Fruit Cup or Fresh Fruit	BRUNCH Chicken & Biscuit Slider Sweet Potatoes Tots Fruit/Veg Juice Blend Fruit Cup or Fresh Fruit	General Tso's Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit or Fruit Juice	Cheeseburger Lettuce & Pickle Cup Seasoned Corn Baby Carrots Fruit Cup or Fresh Fruit
02/10/20 03/16/20					
04/27/20 06/01/20					
09/02/19 10/07/19	Cereal & Cheese Cubes Fruit Juice & Fresh Fruit	Chicken Biscuit Fruit Cup & Fresh Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Sausage Breakfast Pizza Sunflower Seed Kernels Fresh Fruit & Fruit Cup	Power Bowl Fresh Fruit & Fruit Juice
11/11/19 01/13/19	Quesadilla Baby Carrots Cucumber Slices Fruit Cup or Fresh Fruit	Carnitas Tacos Refried beans Street Corn Fruit Cup or Fresh Fruit	French Bread Pizza Garden Salad Cherry Tomatoes/Cucumber Fresh Fruit or Frozen Fruit Cup	Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fruit Cup or Fresh Fruit	Crispy Chicken Sandwich Celery & Jicama Baby Carrots Fruit Cup or Fresh Fruit
02/17/20 03/30/20					
05/04/20					
09/09/19 10/14/19	Concha Variety Fruit Juice & Fresh Fruit	French Toast Fruit Cup & Fresh Fruit	Cinnamon Bun Fresh Fruit & Fruit Juice	PB&J Jamwich Fresh Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
11/18/19 01/21/20	Turkey and Gravy over Mashed Potatoes Warm Roll Roasted Butternut Squash Fruit Juice or Fresh Fruit	Chili Verde Burrito Flour Tortilla & Spanish Rice Pinto & Red Beans Celery & Jicama Sticks Fruit Cup or Fresh Fruit	BRUNCH Sunrise Sausage Sandwich Pop-Tart Sweet Potato Tots Fruit/Veg Juice Blend Fresh Fruit or Fruit Cup	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fruit Juice or Fresh Fruit	Cheeseburger Sliders Lettuce & Pickle Cup Seasoned Corn Baby Carrots Fruit Cup or Fresh Fruit
02/24/20 04/06/20					
05/11/20					

ALL MEALS INCLUDE CHOICE OF 1% MILK OR 1% FLAVORED MILK - MENU SUBJECT TO CHANGE