



Pre K - Breakfast and Lunch Menu

# March 2020



## In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins.

You can steam brussels sprouts and toss them with olive oil, parmesan cheese and butter for a delicious treat!



SCHOOL BREAKFAST OUT OF THIS WORLD!

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Breakfast Sandwich w/ tater tots **2**  
Chicken Tenders

Waffles w/ Bananas **3**  
Cheeseburger

Pancakes w/ Strawberry **4**  
Orange Chicken  
Brown Rice

Yogurt Parfait **5**  


French Toast w/ Blueberry's **6**  
Homemade Carnitas Burrito

Cereal with Crackers **9**  
Mozzarella Stick with Marinara

Breakfast Burrito **10**  
Lasagna

Bagels With Cream Cheese **11**  
Chicken Teriyaki  
Brown Rice

Yogurt Parfait **12**  


Muffin **13**  
Chicken Tamale

French Toast Stick **16**  
Bean & Cheese Burrito

Sausage & Cheese Sandwich **17**  
Maple Chicken & Waffles Sandwich

Breakfast Pizza **18**  
Orange Chicken  
Brown Rice

Yogurt Parfait **19**  


Mini Waffles **20**  
Mac N Cheese

Cereal with Crackers **23**  
Cheese Pizza

Breakfast Burrito **24**  
Crispy Chicken Sandwich

Bagels with Cream Cheese **25**  
Breaded Drumstick  
Brown Rice

Yogurt Parfait **26**  


Muffin **27**  
Homemade Bean and Cheese Burrito

French Toast Stick **30**  
Chicken Tenders

Sausage & Cheese Sandwich **31**  
Cheeseburger



## Announcements

**All students eat for free!**

**Also Offered Daily for Breakfast**

- Assorted Cereals
- 1% or Non-fat White Milk

**Also Offered Daily for Lunch**

- Salad Bars with choice of three fruits and three veggies!
- 1% White

## Meal Prices

**All students eat for free!**

Adults may purchase a meal from the cafeteria for \$4.25 Lunch and \$3.50 Breakfast.

