

# September 2023

## LESD Preschool Breakfast Menu

MON		TUES		WED		THURS		FRI	
28		29		30		31		9/1	
Pancake Squares + String Cheese (v)	Variety Bagels & Cream Cheese (v)	Variety Cereal (v)		Blueberry Yogurt Cup & Granola		Variety Cereal (v)			
Canned Mixed Fruit	Apples	Bananas		Oranges		Sliced Peaches			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			
4		5		6		7		8	
<b>Labor Day</b>		Waffle with Strawberries + Turkey Sausage		Variety Cereal (v)		French Toast with Glazed Peaches (v)		Variety Cereal (v)	
*School not in session*		Apples		Bananas		Oranges		Sliced Peaches	
		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk	
11		12		13		14		15	
Pancake Squares + String Cheese (v)	Variety Bagels & Cream Cheese (v)	Variety Cereal (v)		Blueberry Yogurt Cup & Granola		Variety Cereal (v)			
Canned Mixed Fruit	Apples	Bananas		Oranges		Sliced Peaches			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			
18		19		20		21		22	
Quesadilla + Pico de Gallo Salsa (v)	Waffle with Strawberries + Turkey Sausage	Variety Cereal (v)		French Toast with Glazed Peaches (v)		Variety Cereal (v)			
Canned Mixed Fruit	Apples	Bananas		Oranges		Sliced Peaches			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			
25		26		27		28		29	
Pancake Squares + String Cheese (v)	Variety Bagels & Cream Cheese (v)	Variety Cereal (v)		Blueberry Yogurt Cup & Granola		Variety Cereal (v)			
Canned Mixed Fruit	Apples	Bananas		Oranges		Sliced Peaches			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			

(v)= Vegetarian  
 (p) = Contains Pork

This institution is an equal opportunity provider.

# September 2023

## LESD Preschool Lunch Menu

MON		TUES		WED		THURS		FRI	
28		29		30		31		9/1	
Mac & Cheese (v)	Grilled Cheese (v)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Cheese Pizza Wedge (v)		100% Fruit Juice			
Apples	Bananas	Oranges	Sliced Peaches						
Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese	Baby Carrots + Pico de Gallo	Garden Fresh Tossed Salad		8 oz NF or 1% White Milk			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk						
4		5		6		7		8	
<b>Labor Day</b>		Hamburger	Mandarin Orange Chicken Bowl	Tamales: Chicken & Red Sauce + String Cheese + Beans		Pepperoni Pizza Sliders (p)			
*School not in session*		Bananas	Oranges	Sliced Peaches		Manager's Choice: Fresh Fruit			
		Cucumber Cuties	Chili Carrot Coins	Shredded Lettuce & Cheese		Canned Corn			
		8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk		8 oz NF or 1% White Milk			
11		12		13		14		15	
Mac & Cheese (v)	Grilled Cheese (v)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Cheese Pizza Wedge (v)		100% Fruit Juice			
Apples	Bananas	Oranges	Sliced Peaches						
Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese	Baby Carrots + Pico de Gallo	Garden Fresh Tossed Salad		8 oz NF or 1% White Milk			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk						
18		19		20		21		22	
Chicken Drumstick	Hamburger	Mandarin Orange Chicken Bowl	Tamales: Chicken & Red Sauce + String Cheese + Beans	Pepperoni Pizza Sliders (p)		Manager's Choice: Fresh Fruit			
Apples	Bananas	Oranges	Sliced Peaches						
Garden Fresh Tossed Salad	Cucumber Cuties	Chili Carrot Coins	Shredded Lettuce & Cheese	Canned Corn		8 oz NF or 1% White Milk			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk						
25		26		27		28		29	
Mac & Cheese (v)	Grilled Cheese (v)	Chili Potatoes with Roll	Bean & Cheese Pupusa (v) with Curtido	Cheese Pizza Wedge (v)		100% Fruit Juice			
Apples	Bananas	Oranges	Sliced Peaches						
Celery Sticks w/ Ranch	Chili Jicama Sticks	Shredded Lettuce & Cheese	Baby Carrots + Pico de Gallo	Garden Fresh Tossed Salad		8 oz NF or 1% White Milk			
8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk	8 oz NF or 1% White Milk						

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