

Pre-K School
Lunch Menu
Fall 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| <i>Week 1</i> | Sept 25 | Sept 26 | Sept 27 | Sept 28 | Sept 29 |
| Entree Vegetables Fruit Milk | Holiday | <ul style="list-style-type: none"> • RPS Burger • Crinkle Cut Fries • Applesauce Cup • Unflavored Milk | <ul style="list-style-type: none"> • Popcorn Chicken • Baked Sweet Potato • Diced Pears • Unflavored Milk | <ul style="list-style-type: none"> • Corn Dog • Baked Beans • Mixed Fruit • Unflavored Milk | <ul style="list-style-type: none"> • Big Daddy's Pizza • Baby Carrots • Peach Cup • Unflavored Milk |
| <i>Week 2</i> | Oct 2 | Oct 3 | Oct 4 | Oct 5 | Oct 6 |
| Entree Vegetables Fruit Milk | <ul style="list-style-type: none"> • Crispy Chicken Sandwich • Steamed Broccoli • Mixed Fruit • Unflavored Milk | <ul style="list-style-type: none"> • Turkey Taco Meat w/ Tortilla Chips • Black Beans • Orange • Unflavored Milk | <ul style="list-style-type: none"> • Breakfast for Lunch: Chicken & Waffles • Hashbrown Patty • Diced Pears • Unflavored Milk | <ul style="list-style-type: none"> • RPS Burger • Coleslaw • Peach Cup • Unflavored Milk | <ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Applesauce Cup • Unflavored Milk |
| <i>Week 3</i> | Oct 9 | Oct 10 | Oct 11 | Oct 12 | Oct 13 |
| Entree Vegetables Fruit Milk | <ul style="list-style-type: none"> • Corn Dog Nuggets • Baked Beans • Apple Slices • Unflavored Milk | <ul style="list-style-type: none"> • Fajita Chicken & Rice Bowl • Salsa Cup • Diced Peaches • Unflavored Milk | <ul style="list-style-type: none"> • Spaghetti w/ Meatballs • Green Beans • Orange • Unflavored Milk | <ul style="list-style-type: none"> • Chicken Nuggets • Steamed Broccoli • Applesauce Cup • Unflavored Milk | <ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Banana • Unflavored Milk |
| | <i>**National</i> | <i>School</i> | <i>Lunch</i> | <i>Week</i> | <i>Level Up!**</i> |

Additional Daily Entree Options

- Vegetarian options available upon request

Nutrition Bites

- Oct 9-13 is National School Lunch Week. The theme is *Level Up!*
- When you are low on energy, seek out nutritious food to fuel your mind and your next adventure, just like your favorite video game character
- Learn more about the National School Lunch Program at [nokidhungry.org/blog/what-is-the-national-school-lunch-program](https://www.nokidhungry.org/blog/what-is-the-national-school-lunch-program)

Lunch includes:

1 Entree,
1 Vegetable, 1 Fruit,
and 1 Milk

Menu subject to change due to item availability



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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|---|
| <i>Week 1</i> | Oct 16 | Oct 17 | Oct 18 | Oct 19 | Oct 20 |
| Entree Vegetables Fruit Milk | <ul style="list-style-type: none"> • Pizza Dippers • Marinara Cup • Diced Pears • Unflavored Milk | <ul style="list-style-type: none"> • Teriyaki Chicken w/Rice • Steamed Broccoli • Applesauce Cup • Unflavored Milk | <ul style="list-style-type: none"> • Popcorn Chicken • Crinkle Cut Fries • Diced Pears • Unflavored Milk | <ul style="list-style-type: none"> • Corn Dog • Baked Beans • Mixed Fruit • Unflavored Milk | <ul style="list-style-type: none"> • Big Daddy's Pizza • Baby Carrots • Peach Cup • Unflavored Milk |
| <i>Week 2</i> | Oct 23 | Oct 24 | Oct 25 | Oct 26 | Oct 27 |
| Entree Vegetables Fruit Milk | <ul style="list-style-type: none"> • Crispy Chicken Sandwich • Steamed Broccoli • Mixed Fruit • Unflavored Milk | <ul style="list-style-type: none"> • Turkey Taco Meat w/ Tortilla Chips • Black Beans • Orange • Unflavored Milk | <ul style="list-style-type: none"> • Breakfast for Lunch: Chicken & Waffles • Hashbrown Patty • Diced Pears • Unflavored Milk | <ul style="list-style-type: none"> • RPS Burger • Coleslaw • Peach Cup • Unflavored Milk | <ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Applesauce Cup • Unflavored Milk |
| <i>Week 3</i> | Oct 30 | Oct 31 | Nov 1 | Nov 2 | Nov 3 |
| Entree Vegetables Fruit Milk | <ul style="list-style-type: none"> • Corn Dog Nuggets • Baked Beans • Apple Slices • Unflavored Milk | <ul style="list-style-type: none"> • Fajita Chicken & Rice Bowl • Salsa Cup • Diced Peaches • Unflavored Milk | <ul style="list-style-type: none"> • Spaghetti w/ Meatballs • Green Beans • Orange • Unflavored Milk | <ul style="list-style-type: none"> • Chicken Nuggets • Steamed Broccoli • Applesauce Cup • Unflavored Milk | <ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Banana • Unflavored Milk |

Additional Daily Entree Options

- Vegetarian options available upon request

Nutrition Bites

- October is National Apple Month
- "An apple a day keeps the doctor away" because apples are packed with nutrients like fiber and antioxidants that keep your brain, heart, and gut healthy.
- Learn more at health.clevelandclinic.org/benefits-of-apples/

Lunch includes:
1 Entree,
1 Vegetable, 1 Fruit,
and 1 Milk

Menu subject to change due to item availability