

# Pre-school/ Sp. Ed/Head Start (3-5 Years)

## Lunch Menu Winter 2023 -24

+Breaks/Holidays  
^First/ Last Day

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>WG chicken Tamale</b></p> <p>Carrots ¼ c Ranch Dressing</p> <p>Red Apple ¼ c</p> <p>1% Light White Milk</p>	<p><b>Teriyaki chicken</b> <b>WG Rice ¼ c</b></p> <p>Broccoli ¼ c Ranch dressing</p> <p>Orange ¼ c</p> <p>1% Light White Milk</p>	<p><b>Hamburger</b> Ketchup/ Mustard</p> <p>#Romaine ½ c= ¼ c Ranch dressing</p> <p>Banana ¼ c</p> <p>1% Light White Milk</p>	<p><b>Turkey &amp; Gravy</b> WG-Bread stick 1 ea</p> <p>Mashed potato ¼ c</p> <p>Apple slices ½ c</p> <p>1% Light White Milk</p>	<p><b>WG- Pepperoni Pizza</b></p> <p>3-way salad ½ c= ¼ c #6359 Ranch dressing</p> <p>Pear ¼ c</p> <p>1% Light White Milk</p>	<p><b>11/13-11/17</b> <b>12/4-12/8</b> 12/25-12/29 1/15-1/19 2/5-2/9 2/26-3/1</p>
<p><b>WG Cheese Pillow</b></p> <p>Marinara sauce ¼ c 3-way salad ½ c = ¼ c Ranch Dressing</p> <p>Red Apple ¼ c</p> <p>1% Light White Milk</p>	<p><b>WG Chicken Nuggets (5 ea)</b> Ketchup</p> <p>Cucumbers sticks ¼ c Ranch dressing</p> <p>Orange ¼ c</p> <p>1% Light White Milk</p>	<p><b>WG BBQ Beef Rib Sandwich</b></p> <p>Carrots Sticks ¼ c Ranch Dressing</p> <p>Banana ¼ c</p> <p>1% Light White Milk</p>	<p><b>WG-Spaghetti &amp; Meat sauce</b> WG-Bread stick 1 ea</p> <p>Broccoli ¼ c Ranch Dressing</p> <p>Apple Slices ½ c</p> <p>1% Light White Milk</p>	<p><b>WG- Cheese Pizza</b></p> <p>Romaine ½ c= ¼ c Ranch Dressing</p> <p>Pear ¼ c</p> <p>1% Light White Milk</p>	<p>11/20-11/24 12/11-12/14 1/1-1/5 1/22-1/26 2/12-2/16</p>
<p><b>WG-Cheese Burger Sliders (2 ea)</b> Ketchup/ Mustard</p> <p>Potato Smiles ¼ c (3 ea) Ketchup Red Apple ¼ c</p> <p>1% Light White Milk</p>	<p><b>WG- Chicken Tenders (3 ea)</b> Ketchup</p> <p>Vegetarian Beans ¼ c</p> <p>Orange ¼ c</p> <p>1% Light White Milk</p>	<p><b>Beef &amp; Cheese Nachos</b> 1 oz Beef crumbles, 1 oz shredded cheese, WG-Tortilla Chips 2 oz 3-way salad ½ c= ¼ c Ranch Dressing Banana ¼ c</p> <p>1% Light White Milk</p>	<p><b>Orange Chicken</b> WG Rice ¼ c</p> <p>Broccoli ¼ c Ranch Dressing</p> <p>Apple slices ½ c</p> <p>1% Light White Milk</p>	<p><b>WG Pepperoni Pizza Rippers</b></p> <p>Carrots sticks¼ c Ranch dressing</p> <p>Pear ¼ c</p> <p>1% Light White Milk</p>	<p>11/6-11/10 11/27-12/1 12/18-12/22 1/8-1/12 1/29-2/2 2/19-2/23</p>

Whole Grains Rich (WGR) foods offered daily

M/MA= Meat/ Meat Alternate

**This Institution is an equal opportunity provider and employer**