

# September 2024 | Pre-K Breakfast



## Announcements:

Our unit priced breakfast consists of 3 food components placed on the student's tray

Breakfast Components:  
Whole Grain  
Fruit  
Milk

All breakfast cereals and pastries contain at least 51% whole grain.

1% White Milk offered daily.

Households must reapply every year to maintain free or reduced price meals if eligible

Families who think they may qualify for free or reduced priced meals can apply at [www.schoolcafe.com](http://www.schoolcafe.com)

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>2</b><br>Labor Day<br>Student Breakfast: \$1.50<br>Adult Breakfast: \$3.10 | <b>3</b><br>Whole Grain Cereal<br>100% fruit juice<br>Low-Fat White Milk  | <b>4</b><br>Mini-Pancakes<br>Fresh Fruit<br>Low-Fat White Milk  | <b>5</b><br>Chicken & Waffle<br>100% fruit juice<br>Low-Fat White Milk  | <b>6</b><br>Whole Grain Cereal<br>Chilled Fruit<br>Low-Fat White Milk  |
| <b>9</b><br>Mini-Waffles<br>100% fruit juice<br>Low-Fat White Milk            | <b>10</b><br>Whole Grain Cereal<br>100% fruit juice<br>Low-Fat White Milk | <b>11</b><br>Mini-Pancakes<br>Fresh Fruit<br>Low-Fat White Milk | <b>12</b><br>Chicken & Waffle<br>100% fruit juice<br>Low-Fat White Milk | <b>13</b><br>Whole Grain Cereal<br>Chilled Fruit<br>Low-Fat White Milk |
| <b>16</b><br>Mini-Waffles<br>100% fruit juice<br>Low-Fat White Milk           | <b>17</b><br>Whole Grain Cereal<br>100% fruit juice<br>Low-Fat White Milk | <b>18</b><br>Mini-Pancakes<br>Fresh Fruit<br>Low-Fat White Milk | <b>19</b><br>Chicken & Waffle<br>100% fruit juice<br>Low-Fat White Milk | <b>20</b><br>Whole Grain Cereal<br>Chilled Fruit<br>Low-Fat White Milk |
| <b>23</b><br>Mini-Waffles<br>100% fruit juice<br>Low-Fat White Milk           | <b>24</b><br>Whole Grain Cereal<br>100% fruit juice<br>Low-Fat White Milk | <b>25</b><br>Mini-Pancakes<br>Fresh Fruit<br>Low-Fat White Milk | <b>26</b><br>Chicken & Waffle<br>100% fruit juice<br>Low-Fat White Milk | <b>27</b><br>Whole Grain Cereal<br>Chilled Fruit<br>Low-Fat White Milk |

**30**  
 Mini-Waffles  
 100% fruit juice  
 Low-Fat White Milk



**Watermelon**  
 Season in Texas: May - October  
 Did you know?  
 You can eat the entire watermelon; some people make sweet pickles out of the rind



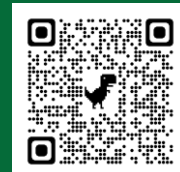
Menus are Subject to Change

Food and Nutrition Division  
[www.SquareMeals.org](http://www.SquareMeals.org)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 6/6/2024  
 National School Lunch Program

# September 2024 | Pre-K Lunch



## Announcements:

Our unit priced lunch consists of all 5 food components placed on the student's tray

Food Components:  
Meat/Meat Alternate  
Whole Grain  
Fruits, Vegetables  
Milk

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain.

1% White offered daily.

Households must reapply every year to maintain free or reduced price meals if eligible

Families who think they may qualify for free or reduced priced meals can apply at [www.schoolcafe.com](http://www.schoolcafe.com)

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <b>2</b><br>Labor Day<br><br>Student Lunch: \$2.75<br>Adult Breakfast: \$4.60                                | <b>3</b><br>Crispy Tacos<br>Vegetables, Fruits<br>Milk  | <b>4</b><br>Steak Fingers & Roll<br>Vegetables, Fruits<br>Dinner Roll & Milk  | <b>5</b><br>Pizza<br>Vegetables, Fruits<br>Milk        | <b>6</b><br>Chicken Sandwich<br>Vegetables, Fruits<br>Milk  |
| <b>9</b><br>Breakfast for Lunch!<br>French Toast, Sausage &<br>Scrambled Eggs<br>Hash Browns, Fruit<br>Milk  | <b>10</b><br>Soft Taco<br>Vegetables, Fruits<br>Milk    | <b>11</b><br>Chicken Nuggets<br>Vegetables, Fruits<br>Breadstick & Milk       | <b>12</b><br>Fish Sticks<br>Vegetables, Fruits<br>Milk | <b>13</b><br>Cheeseburger<br>Vegetables, Fruits<br>Milk     |
| <b>16</b><br>Cheese Stuffed Breadstick<br>Vegetables, Fruits<br>Milk   | <b>17</b><br>Crispy Tacos<br>Vegetables, Fruits<br>Milk | <b>18</b><br>Steak Fingers & Roll<br>Vegetables, Fruits<br>Dinner Roll & Milk | <b>19</b><br>Pizza<br>Vegetables, Fruits<br>Milk       | <b>20</b><br>Chicken Sandwich<br>Vegetables, Fruits<br>Milk |
| <b>23</b><br>Breakfast for Lunch!<br>French Toast, Sausage &<br>Scrambled Eggs<br>Hash Browns, Fruit<br>Milk | <b>24</b><br>Soft Taco<br>Vegetables, Fruits<br>Milk    | <b>25</b><br>Chicken Nuggets<br>Vegetables, Fruits<br>Breadstick & Milk       | <b>26</b><br>Fish Sticks<br>Vegetables, Fruits<br>Milk | <b>27</b><br>Cheeseburger<br>Vegetables, Fruits<br>Milk     |
| <b>30</b><br>Cheese Stuffed Breadstick<br>Vegetables, Fruits<br>Milk   |   |   |  |   |

## Watermelon

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Did you know?

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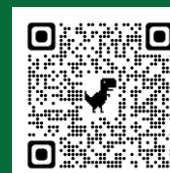


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