



Pre K Menu

*Indicates items that contain Pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BKFST: Whole grain waffles <hr/> Entree: Chicken Nuggets Side: Baked beans Veg: Glazed carrots Fruit: Mandarin oranges	3 No School! Superintendent's Day	4 BKFST: Ham & Cheese Bagel melt <hr/> Entree: Beef Hamburger on a whole grain bun Side: Potato Smile fries Veg: Pickle Spears Fruit: Strawberries	5 BKFST: Cheese Omelets <hr/> Entree: Chicken Alfredo Side: Whole grain pasta Veg: Steamed Broccoli Fruit: Applesauce Cup	6 BKFST: Whole grain BOSCO Stick <hr/> Entree: Cheese/Pepperoni* Pizza on whole grain crust Side: Garden Side salad Fruit: Diced pineapple
9 BKFST: Ham, cheese & egg taco <hr/> Entree: Grilled Cheese Sandwich on whole grain bread Side: Broccoli cheddar soup Veg: Potato Smile fries Fruit: Diced pears	10 BKFST: Whole grain French toast <hr/> Entree: Turkey Nachos Side: Whole grain chips Veg: Refried beans Fruit: Blueberries	11 No School! Veteran's Day	12 BKFST: Pancake Wrapped chicken Sausage <hr/> Entree: Pizza Crunchers Side: Garden Side salad Veg: Cauliflower Fruit: Mandarin Oranges	13 BKFST: Sausage & Cheese English muffins <hr/> Entree: Cheese/Pepperoni* Pizza on whole grain crust Veg: Red pepper strips Fruit: Diced peaches
16 BKFST: Whole grain Pancakes <hr/> Half Day Grab and go Lunch Available	17 BKFST: Cheese Omelet <hr/> Entree: Roasted Turkey Side: Stuffing Veg: Mashed potatoes Veg: Peas Fruit: Cranberry sauce	18 BKFST: Whole grain donut wholes <hr/> Entree: Chicken Nuggets Side: Pepper strips Veg: Black beans Fruit: Applesauce cup	19 BKFST: Whole grain French toast <hr/> Limited Time Offer Entree: Pepperoni Calzone Side: Potato smile fries Veg: Green beans Fruit: Diced pineapple	20 BKFST: Whole grain waffles <hr/> Entree: Cheese/Pepperoni* Pizza on whole grain crust Side: Caesar side salad Veg: Steamed carrots Fruit: Diced pears
23 BKFST: Whole Grain Pancakes <hr/> Entree: Chicken patty sandwich on whole grain bun Side: Potato smile fries Veg: Sliced cucumbers Fruit: Diced peaches	24 BKFST: Thanksgiving Breakfast! <hr/> Half day! Grab and go lunch available.	25 NO School! Happy Thanksgiving	26 NO School! Happy Thanksgiving	27 NO School! Happy Thanksgiving
30 BKFST: Whole grain pancake wrapped chicken sausage <hr/> Entree: Beef Goulash Side: Sliced cucumbers Veg: Broccoli w/ ranch Fruit: Mandarin oranges	<div> <div> Served Daily at breakfast Skim milk 100% Juice </div> <div> Served Daily at Lunch Skim milk </div> <div> For questions about the menu, dietary, or Allergy concerns. Please contact: Kerri Sanders ksanders@gfsd.org </div> </div>			