LORAIN CITY SCHOOLS

coolcaf
FOOD • FUN • FRIENDS

Pre-K Lunch December 2026

Complete your meal with Healthy Choices!
-Remember you must take a fruit, vegetable, or juice to complete your meal.
-All bread/grain items are 50% whole grain!
-Fat-Free Chocolate and Low-Fat White Milk

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Entrée:** Grilled Cheese (2oz equiv. of MMA & 2oz equiv. of Grain) **Fruit**: ½ cup equiv. Fruit Cocktail **Vegetable:**1/4 cup equiv. Steamed Peas & Carrots **Milk:** 8oz/1 carton of 1% White milk	2 **Entrée:** Walking Taco (2oz equiv. of MMA & 1.5oz equiv. of grain) **Fruit:** ½ cup equiv: Applesauce **Vegetable:** ¼ cup equiv. Kickin Pinto Beans **Milk:** 8oz/ 1carton of 1% White Milk	3 **Entrée**: Hamburger or Cheeseburger (2oz equiv. of MMA & 2oz equiv. of MMA) **Fruit:** ½ cup equiv: Banana **Vegetable:** ¼ cup equiv. Buttered Vegetable Blend **Milk**: 8oz/ 1carton of 1% White Milk	4 **Entrée:** Cheese Pizza Pepperoni Pizza(2oz equiv. of MMA & 2oz equiv of Grain) **Fruit:** ½ cup equiv: Orange **Vegetable:** ¼ cup equiv. Waffle Cut Fries **Milk**: 8oz/ 1carton of 1% White Milk 
7 **Entrée:** Hotdog (2oz equiv. of MMA & 2oz equiv. of grain) **Fruit:** ½ cup equiv. Diced Pears **Vegetable:**1/4 cup equiv of Mashed Potatoes **Milk:** 8oz/1 carton of 1% White milk	8 **Entrée:** Chicken Tenders (2oz equiv. of MMA & 1oz equiv. of grain) **Fruit:** ½ cup equiv. Fruit cocktail **Vegetable**:1/4 cup equiv. hashbrown rounds **Milk:** 8oz/1 carton of 1% White milk	9 **Entrée**: Chicken Dumplings (1oz equiv. of MMA & Grain) and Rice (1oz equiv. of grain) **Fruit:** ½ cup equiv: Applesauce **Vegetable**: ¼ cup equiv. Peas & Carrots Blend **Milk:** 8oz/ 1carton of 1% White Milk	10 **Entrée**: Cheese Quesadilla (2oz eq of grain and 2oz eq. of MMA) **Fruit:** ½ cup equiv: Banana **Vegetable**: ¼ cup equiv. Kickin Pinto beans **Milk:** 8oz/ 1carton of 1% White Milk	11 **Entrée:** Cheese Pizza Pepperoni Pizza (2oz equiv. of MMA & 2oz equiv of Grain) **Fruit:** ½ cup equiv: Oranges **Vegetable:** ¼ cup equiv. steamed corn **Milk**: 8oz/ 1carton of 1% White Milk
14 **Entrée:** Cheese pizza Sticks and Marinara (2oz equiv. of grain and 2oz equiv. of MMA) **Fruit:** ½ cup equiv. Diced Pears **Vegetable:**1/4 cup equiv of Crinkle Cut Fries **Milk:** 8oz/1 carton of 1% White milk	15 **Entrée**: Beef Nachos (1.5 equiv. of MMA & 2oz equiv. of **grain)** **Fruit**: ½ cup equiv. Oranges **Vegetable**:1/4 cup equiv. Seasoned Refried Beans **Milk**: 8oz/1 carton of 1% White milk	16 **Entrée:** Popcorn Chicken Potato Bowl (2oz equiv. MMA & .75oz Equiv. of grain) **Fruit:** ½ cup equiv. Applesauce **Vegetable**: ¼ cup equiv. Peas & Carrots Blend **Milk**: 8oz/ 1carton of 1% White Milk	 17 **Entrée**: Chicken Nuggets (2oz equiv. of MMA and 1oz equiv. of grain) and Dinner Roll (1oz equiv. of grain) **Fruit:** ½ cup equiv. Banana **Vegetable**: ¼ cup equiv. Mashed Potatoes w/ Gravy ¼ cup equiv. of Garlic Parm Green Beans **Milk:** 8oz/ 1carton of 1% White Milk	18 **Entrée:** Cheese Pizza Pepperoni Pizza (2oz equiv. of MMA & 2oz equiv of Grain) **Fruit:** ½ cup equiv: Diced Peaches **Vegetable:** ¼ cup equiv. Baby Carrots **Milk**: 8oz/ 1carton of 1% White Milk
21	22	23	24	25
28	29	30		

Winter Break

Winter Break

December 4th: Cookie Day! Free sugar cookie with a school lunch!
December 17th: Little's Holiday Lunch

This institution is an equal opportunity provider.