Harvest Pre-K Breakfast & Lunch

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY 3 4 5 6 7 Breakfast Entrée Breakfast Entrée Breakfast Entrée Breakfast Entrée Breakfast Entrée · French Toast Sticks w/ Turkey Sausage · Egg & Cheese Breakfast Quesadilla · Oatmeal w/ Peaches · Colby Cheese Omelet w/ Toast · Peach Parfait w/ Graham Crackers Fruit Fruit Fruit Fruit Fruit · Fresh Banana Fresh Apple · Fresh Banana Fresh Apple Fresh Apple Milk Milk Milk Milk Milk • 1% Low Fat White Milk Local 1% Low Fat White Milk Local • 1% Low Fat White Milk Local 1% Low Fat White Milk Local 1% Low Fat White Milk Local Lunch Entrée Lunch Entrée Lunch Entrée Misc Lunch Entrée · Maple Syrup Cup · Classic Pepperoni Pizza · Spaghetti Marinara w/Meatballs · Chicken Nuggets w/Roll Grilled Cheese Sandwich Lunch Entrée Vegetables Vegetables Vegetables Vegetables Crispy Tater Tots Cheese Quesadilla Seasoned Peas & Carrots Seasoned Curly Fries Seasoned Charro Pinto Beans Vegetables Fruit Fruit Fruit Fruit Seasoned Charro Pinto Beans · Sweet Diced Peaches Juicy Mandarin Oranges Diced Pears Cinnamon Spiced Apples Fruit Milk Milk Cinnamon Applesauce 1% Low Fat White Milk Local Milk • 1% Low Fat White Milk Local 10 11 12 13 14

Breakfast Entrée

 Turkey Sausage Breakfast Pizza Fruit

 Fresh Orange Milk

· 1% Low Fat White Milk Local Lunch Entrée

 Grande Cheesy Nachos Vegetables

 Fresh Steamed Broccoli Fruit

· Sweet Diced Peaches Milk

· 1% Low Fat White Milk Local

Breakfast Entrée

· Bacon, Egg & Cheese Burrito

 Fresh Apple Milk

• 1% Low Fat White Milk Local Lunch Entrée

· Cheese Quesadilla

Vegetables Cheesy Mexican Mix Refried Beans

Fruit Unsweetened Applesauce

· 1% Low Fat White Milk Local

Breakfast Entrée

· Strawberry Banana Yogurt Cup w/ Graham · Turkey Ham & Cheese Breakfast Crackers

Fruit

· Fresh Orange Milk

 1% Low Fat White Milk Local Lunch Entrée

· Chicken Teriyaki w/Brown Rice Vegetables

 Steamed Crinkle Carrots Fruit

· Juicy Pineapple Tidbits

• 1% Low Fat White Milk Local

Breakfast Entrée

Quesádilla

Fruit

 Fresh Apple Milk

 1% Low Fat White Milk Local Lunch Entrée

· Classic Pepperoni Pizza Vegetables

Crispy Tater Tots

Fruit · Cinnamon Spiced Apples

• 1% Low Fat White Milk Local

Breakfast Entrée

 Strawberry Mango Smoothie w/Graham Crackers

Fruit

Fresh Orange

Milk

 1% Low Fat White Milk Local Lunch Entrée

· Popcorn Chicken Snowbowl w/Roll

Vegetables Seasoned Mashed Potatoes

Fruit

Diced Pears

1% Low Fat White Milk Local

17

Breakfast Entrée

Vanilla Yogurt Cup w/Graham Crackers

Fruit

 Fresh Orange Milk

• 1% Low Fat White Milk Local Lunch Entrée

 Crispy Chicken Patty Sandwich Vegetables

Crispy Tater Tots
Fruit

 Sweet Diced Peaches Milk

• 1% Low Fat White Milk Local

18

Breakfast Entrée

Huevos Rancheros
Fruit

 Fresh Banana Milk

 1% Low Fat White Milk Local Lunch Entrée

 Chicken Nuggets w/Roll Vegetables

Cheesy Mexican Mix Refried Beans
Fruit

Cinnamon Applesauce
Milk

1% Low Fat White Milk Local

19

Breakfast Entrée

Homemade Pancakes
Fruit

 Fresh Apple Milk

 1% Low Fat White Milk Local Misc

 Maple Syrup Cup Lunch Entrée

• Creamy Macaroni & Cheese Vegetables

Seasoned Curly Fries
Fruit

 Sweet Diced Peaches Milk

• 1% Low Fat White Milk Local

20

Breakfast Entrée

 Turkey Ham, Egg & Cheese Breakfast Burrito

Fruit

Fresh Banana

Milk

 1% Low Fat White Milk Local Lunch Entrée

• Chicken Cordon Bleu Sandwich Vegetables

 Fresh Steamed Broccoli Fruit

Juicy Mandarin Oranges
Milk

1% Low Fat White Milk Local

21

Breakfast Entrée

Strawberry Yogurt Parfait w/ Granola

Fruit

Fresh Apple

Milk

• 1% Low Fat White Milk Local

Lunch Entrée

Spaghetti Marinara w/Meatballs
Vegetables

Steamed Corn

Fruit

Diced Pears

Milk

• 1% Low Fat White Milk Local

24

Breakfast Entrée

Breakfast on a Stick w/ String Cheese
Fruit

Fresh Orange
Milk

 1% Low Fat White Milk Local Lunch Entrée

Juicy Hamburger
Vegetables

Crispy Tater Tots Fruit Cinnamon Spiced Apples

1% Low Fat White Milk Local

25

Breakfast Entrée

Turkey Ham & Cheese Breakfast
 Quesadilla

Fruit
• Fresh Orange

Milk

 1% Low Fat White Milk Local Lunch Entrée

Classic Pepperoni Pizza
Vegetables

 Steamed Corn Fruit

Sweet Diced Peaches

Milk

1% Low Fat White Milk Local

26

Breakfast Entrée

French Toast Sticks w/ Turkey Sausage
Fruit

Fresh Apple
Milk

 1% Low Fat White Milk Local Misc

 Maple Syrup Cup Lunch Entrée

Homemade Beef Burrito
Vegetables
Seasoned Mashed Potatoes

Seasoned Mashed Potatoes
 Fruit
 Unsweetened Applesauce

Milk
• 1% Low Fat White Milk Local

27

Breakfast Entrée

• Chilaquiles

Fruit

 Fresh Orange Milk

 1% Low Fat White Milk Local Lunch Entrée

 Grande Cheesy Nachos Vegetables

 Seasoned Charro Pinto Beans Fruit

 Juicy Pineapple Tidbits Milk

1% Low Fat White Milk Local

28

Breakfast Entrée

Strawberry Smoothie w/Graham Crackers
Fruit

Fresh Orange
Milk

 1% Low Fat White Milk Local Lunch Entrée

 Crispy Chicken Patty Sandwich Vegetables

Steamed Crinkle Carrots

Fruit
 Cinnamon Spiced Apples

1% Low Fat White Milk Local

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