

SEPTEMBER

Pre-K Menu

ANNOUNCEMENTS

Did you know?

All grains served in the café are whole grains! Whole grains are packed with fiber to keep you full & focused in the classroom!



Questions or Comments?

Anabel Rubio, Director of Dining Services

Phone: 623-478-5628



SFE This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

Breakfast

Banana Muffin, 2oz
Fresh Apple
Low Fat White Milk

4

5

Breakfast

Sausage Breakfast Pizza
Fresh Apple
Low Fat White Milk

6

Breakfast

Cheerios Cereal Bowl
Apple Juice Carton
Low Fat White Milk

9

Breakfast

Whole Grain Sliced Bagel
Diced Pear Cup
Low Fat White Milk
Cream Cheese Pouch

10

Breakfast

Cheesy Bean Burrito
Fresh Apple
Low Fat White Milk

11

12

Breakfast

Fluffy Banana Muffin with
String Cheese
Fresh Apple
Low Fat White Milk

13

Breakfast

Orange Juice Carton
Pan Dulce
Low Fat White Milk

16

Breakfast

Fluffy Chocolate Chip
Muffin
Mixed Fruit Cup
Low Fat White Milk

17

Breakfast

Turkey Ham, Egg, &
Cheese Croissant
Fresh Apple
Low Fat White Milk

18

19

Breakfast

Mini Cinnamon French
Toast
Fresh Apple
Low Fat White Milk

20

Breakfast

Gluten Free Rice Chex
Cereal
Plain Applesauce Cup
Low Fat White Milk

23

Breakfast

Apple Cinnamon Muffin
Apple Juice Carton
Low Fat White Milk

24

Breakfast

Cheesy Egg & Sausage
Burrito
Fresh Apple
Low Fat White Milk

25

26

Breakfast

Mini Strawberry Pancakes
Fresh Apple
Low Fat White Milk

27

Breakfast

Vanilla Animals Yogurt
Grape Juice Carton
Low Fat White Milk

30

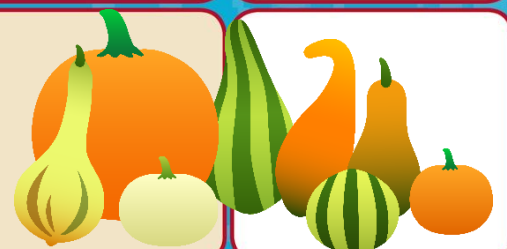
Breakfast

Savory Chocolate
Chip Muffin
Fresh Apple
Low Fat White Milk



*Vegetarian Option (or vegetarian upon request)

* Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast



Meal Prices: Breakfast in the Classroom: Free. Paid Lunch: \$2.50. Reduced Lunch: \$0.40 Adult Lunch: \$3.50