



September 2019

Pre-School/ Head Start Menu



MONDAY - 2	TUESDAY - 3	WEDNESDAY - 4	THURSDAY - 5	FRIDAY - 6
No School: Labor Day 	Chicken Spaghetti w/ Garlic Parmesan Breadstick Steamed Broccoli Mandarin Oranges 1% White Milk <i>Breakfast</i>	Popcorn Chicken & Roll Crispy Tater Tots Fresh Berries 1% White Milk <i>Breakfast</i>	Diced Teriyaki Chicken & Buttered Biscuit Vegetarian Beans Chilled Mango 1% White Milk <i>Breakfast</i>	Cheese Pizza Roasted Vegetables Orange Wedges 1% White Milk <i>Breakfast</i>
	Cereal Bowl & String Cheese Fruit Cup: Applesauce 100% Fruit Juice	Mini Pancakes Fruit Cup: Diced Pears 100% Fruit Juice	Mini French Toast Fruit Cup: Pineapple 100% Fruit Juice	Chocolate Chip Oatmeal Bar Fruit Cup: Mandarin Oranges 100% Fruit Juice
MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
Cheeseburger Crinkle Cut French Fries Chilled Pineapple 1% White Milk <i>Breakfast</i>	Nachos Charro Beans Fresh Pear 1% White Milk <i>Breakfast</i>	Orange Chicken & Brown Rice Bowl Capri Blend Vegetables Mixed Fruit 1% White Milk <i>Breakfast</i>	Chicken Tenders & <u>DUTCH</u> Waffles Potato Wedges Fresh Blueberries 1% White Milk <i>Breakfast</i>	Chicken Corn Dog Buttered Corn Fresh Oranges 1% White Milk <i>Breakfast</i>
Muffin & String Cheese Fruit Cup: Tropical Fruit 100% Fruit Juice	Fruity Cheerios & Cheese Fruitocracy: Apple/Banana 100% Fruit Juice	Breakfast Pizza Raspberry Lemonade Craisins 100% Fruit Juice	Scrambled Eggs & Tortilla Fresh Fruit: Gala Apple Slices 100% Fruit Juice	Egg & Cheese Sandwich Fruit Cup: Diced Peaches 100% Fruit Juice
MONDAY - 16	TUESDAY - 17	WEDNESDAY - 18	THURSDAY - 19	FRIDAY - 20
Chicken Tamale Pozole Mango 1% White Milk <i>Breakfast</i>	Breaded Chicken Sandwich Black Bean & Corn Salad Strawberries 1% White Milk <i>Breakfast</i>	Cheeseburger Potato Smiles Applesauce 1% White Milk <i>Breakfast</i>	Popcorn Chicken & Mashed Potato Bowl Fresh Banana 1% White Milk <i>Breakfast</i>	Cheese Pizza Normandy Vegetable Blend Mandarin Oranges 1% White Milk <i>Breakfast</i>
Yogurt & Goldfish Grahams Fruit Cup: Pineapple 100% Fruit Juice	Pan Dulce Assortment Fruit Cup: Mandarin Oranges 100% Fruit Juice	Egg & Cheese Burrito Fruit Cup: Mixed Fruit 100% Fruit Juice	Pancake on a Stick Fresh Fruit: Red Grapes 100% Fruit Juice	Bagel w/ Cream Cheese Dried Fruit: Craisins 100% Fruit Juice
MONDAY-23	TUESDAY - 24	WEDNESDAY - 25	THURSDAY - 26	FRIDAY - 27
Grilled Cheese Vegetarian Baked Beans Diced Pears 1% White Milk <i>Breakfast</i>	Bean & Cheese Burrito Mexicorn Fresh Green Grapes 1% White Milk <i>Breakfast</i>	Alfredo Pasta w/ Diced Chicken & Garlic Toast Italian Blend Vegetables 1% White Milk <i>Breakfast</i>	Sloppy Joe French Fries Fresh Fruit Salad 1% White Milk <i>Breakfast</i>	Cheese Pizza Steamed Broccoli Florets Chilled Mango 1% White Milk <i>Breakfast</i>
Honey Bun Fruit Cup: Diced Peaches 100% Fruit Juice	Bean & Cheese Burrito Fresh Fruit: Banana 100% Fruit Juice	Chocolate Chip Muffin Fruit Cup: Diced Pears 100% Fruit Juice	Banana Pancakes Fruit Cup: Mandarin Oranges 100% Fruit Juice	Cinnamon French Toast Fresh Fruit: Gala Apple Slices 100% Fruit Juice
MONDAY-30	  Paid Lunch : \$1.60 Reduced Price Lunch: \$.40 Adult Lunch: \$2.85 www.myschoolbucks.com		REMINDER: Free and reduced lunch benefits from LAST year WILL EXPIRE on September 16th. In order to avoid charges to your child's account, please be sure to have a current lunch application turned in to your cafeteria cashier.	
Beef Teriyaki Rice Bowl Roasted Cauliflower & Broccoli Mandarin Oranges 1% White Milk <i>Breakfast</i>	Mini Maple Waffles Fruit Cup: Tropical Fruit 100% Fruit Juice			



Menu is subject to change

This institution is an equal opportunity provider

Questions or Concerns?? call 623.707.2059 or visit:
www.fesd.org/Food_and_Nutrition