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	Popcorn Chicken & Roll Crispy Tater Tots Fresh Berries 1% White Milk	Diced Teriyaki Chicken & Buttered Biscuit Vegetarian Beans Chilled Mango 1% White Milk	Cheese Pizza Roasted Vegetables Orange Wedges 1% White Milk
	Breakfast	*Breakfast*	*Breakfast*	*Breakfast*
	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	Nachos Charro Beans Fresh Pear 1% White Milk	Orange Chicken & Brown Rice Bowl Capri Blend Vegetables Mixed Fruit 1% White Milk	Chicken Tenders & DUTCH Waffles Potato Wedges Fresh Blueberries 1% White Milk	Chicken Corn Dog Buttered Corn Fresh Oranges 1% White Milk
Breakfast	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*
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	Breaded Chicken Sandwich Black Bean & Corn Salad Strawberries 1% White Milk	Cheeseburger Potato Smiles Applesauce 1% White Milk	Popcorn Chicken & Mashed Potato Bowl Fresh Banana 1% White Milk	Cheese Pizza Normandy Vegetable Blend Mandarin Oranges 1% White Milk
Breakfast	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*
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	Bean & Cheese Burrito Mexicorn Fresh Green Grapes 1% White Milk	Alfredo Pasta w/ Diced Chicken & Garlic Toast Italian Blend Vegetables 1% White Milk	Sloppy Joe French Fries Fresh Fruit Salad 1% White Milk	Cheese Pizza Steamed Broccoli Florets Chilled Mango 1% White Milk
Breakfast	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*
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				
Beef Teriyaki Rice Bowl Roasted Cauliflower & Broccoli Mandarin Oranges 1% White Milk	MY SCHOOL BUCKS **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.**	
Breakfast				
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