



PRESCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHEESY BAKED BEEF 1 MOSTACCIOLI IRISH ROASTED VEGETABLES BANANA WG WHEAT BREAD*	MACARONI & CHEESE 2 DICED CARROTS ORANGE WG WHEAT BREAD*	POLYNESIAN CHICKEN 3 MEATBALLS STEAMED RICE BROCCOLI PEAR WG WHEAT BREAD*	CHEESE RAVIOLI IN MARINARA 4 SAUCE BUTTERNUT SQUASH MELON MIX WG BREAD
7 CLOSED	CHEESY CHICKEN 8 FAJITA SKILLET SPANISH RICE CORN BANANA WG SOFT FLOUR TORTILLA*	CHICKEN POT PIE 9 MASHED POTATOES BROCCOLI CV: FRESH VEGETABLE MEDLEY ORANGE WG BISCUIT	PESTO PASTA W/ 10 DICED CHICKEN BRUSSEL SPROUTS PEAR WG WHEAT BREAD	BEEF SLOPPY JOE 11 BAKED SWEET POTATO FRIES GREEN PEAS MELON MIX WG BUN*
CHEESY CHICKEN & 14 RICE BAKE GREEN BEANS APPLE WG DINNER ROLL*	MEATBALLS IN MARINARA 15 SPAGHETTI NOODLES CAULIFLOWER BANANA WG WHEAT BREAD	TURKEY IN GRAVY 16 MASHED POTATOES SAUTEED CABBAGE ORANGE WG BISCUIT	TERIYAKI CHICKEN 17 STEAMED RICE CORN PEAR WG WHEAT BREAD	CHEESY SEASHELL PASTA 18 BUTTERNUT SQUASH MELON MIX WG WHEAT BREAD
VEGETARIAN BEAN CHILI 21 ROTINI PASTA DICED CARROTS APPLE WG DINNER ROLL	PARMESAN CHICKEN 22 NOODLES BROCCOLI BANANA WG WHEAT BREAD	BBQ CHICKEN 23 POTATOES SAUTEED CABBAGE ORANGE WG WHEAT BREAD	CHICKEN TACO 24 SHREDDED CHEDDAR CHEESE BLACK BEANS CAULIFLOWER RICE PEAR WG SOFT FLOUR TORTILLA	CHEESEBURGER CASSEROLE 25 BRUSEEL SPROUTS MELON MIX WG WHEAT BREAD
BEEF NACHOS 28 SHREDDED CHEDDAR CHEESE SOUR CREAM REFRIED BEANS GREEN BEANS APPLE WG TORTILLA CHIPS	CHEESY BAKED BEEF 29 MOSTACCIOLI IRISH ROASTED VEGETABLES BANANA WG WHEAT BREAD*	MACARONI & CHEESE 30 HV: DICED CARROTS WG WHEAT BREAD		

OUR CHICKEN & BEEF ARE 100% NATURAL, NO ARTIFICIAL INGREDIENTS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

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MENU PROVIDED BY QUALITY CATERING APPROVED BY RANA AHMAD, MS RDN LDN

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH

UNFLAVORED WHOLE MILK 3.25% FAT CONTENT (AGES 1-2)
UNFLAVORED SKIM MILK-0% FAT CONTENT(AGES:2 AND UP)
LACTOSE-FREE MILK 1% (AGES: 2 AND UP)