

Breakfast Pre-K

APRIL 2024

MON	TUE	WED	THU	FRI
1 Multi-Grain Frosted Flakes w/ 100% Grape Juice	2 Yogurt w/ Fresh Apple Slices	3 Rice Chex w/ 100% Apple Juice	4 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	5 Banana Muffin w/ Diced Peaches
8 Blueberry Muffin w/ 100% Fruit Juice	9 Multi-Grain Cinnamon Flakes w/ Diced Peaches	10 Multi-Grain Cheerios w/ Fresh Apple Slices	11 Yogurt w/ 100% Orange Juice	12 Cheerios w/ 100% Grape Juice
15 Multi-Grain Frosted Flakes w/ 100% Grape Juice	16 Yogurt w/ Fresh Apple Slices	17 Honey Cheerios w/ Mixed Fruit Cup	18 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	19 Banana Muffin w/ 100% Fruit Juice
22 Multi-Grain Cheerios w/ 100% Orange Juice	23 Blueberry Muffin w/ 100% Fruit Juice	24 Corn Muffin w/ Fresh Apple Slices	25 Yogurt w/ 100% Orange Juice	26 Cheerios w/ 100% Grape Juice
29 Multi-Grain Frosted Flakes w/ 100% Grape Juice	30 Yogurt w/ Fresh Apple Slices			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

- Locally Grown Component Served Daily
- Menu is subject to change.
- Vegetarian Meal Options are indicated with a "V"



Breakfast K-12

APRIL 2024

MON	TUE	WED	THU	FRI
1 Banana Muffin Raisins & Applesauce	2 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	3 Multi-Grain Frosted Flakes w/Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	4 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	5 Cinnamon Crisp Bar Raisins & 100% Grape Juice
8 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	9 Strawberry Yogurt w/ Graham Crackers or Cinnamon Bun Apple Slices & Diced Pineapple	10 Honey Cheerios w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	11 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Apple Slices & 100% Orange Juice	12 Apple Jacks w/ Graham Crackers Raisins & 100% Grape Juice
15 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	16 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	17 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	18 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	19 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
22 Cinnamon Crisp Bar Raisins & 100% Grape Juice	23 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Apple Slices & Diced Pineapple	24 Multi-Grain Cinnamon Flakes w/Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	25 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	26 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
29 Banana Muffin Raisins & Applesauce	30 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple			

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Lunch Pre-K

APRIL 2024

MON

TUE

WED

THU

FRI

1

Beef Burger w/ Ketchup & Green Beans
or
Spanish Rice & Beans w/ Plantain (V)
Apple Slices

2

Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables
or
Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)
Fresh Pear

3

Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans
or
Home Style Macaroni & Cheese w/ Broccoli (V)
Fresh Apple

4

Meatloaf w/ Gravy & Mashed Potatoes
or
Penne w/ Chickpeas in Tomato Sauce (V)
Broccoli
Apple Slices

5

Cheese Pizza (V)
Garden Salad w/ Ranch Dressing
Fresh Apple

8

Chicken Parmesan w/ Green Beans
or
Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V)
Apple Slices

9

Spanish Rice & Beans w/ Plantain (V)
Fresh Apple

10

Salisbury Steak w/ Roasted Potatoes
or
Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)
Fresh Pear

11

BBQ Chicken w/ Sweet Mashed Potatoes
or
Home-Style Macaroni & Cheese w/ Broccoli (V)
Apple Slices

12

Turkey Fajita w/ Brown Rice & Corn
or
Cheese Pizza w/ Garden Salad & Ranch Dressing (V)
Fresh Apple

15

Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll
or
Cheese Ravioli w/ Tomato Sauce (V)
Italian Vegetables
Apple Slices

16

Chicken Mole w/ Brown Rice Platf & Green Peas
or
Spanish Rice & Beans w/ Plantain (V)
Fresh Pear

17

Chicken Fingers w/ Ketchup
or
Falafel Nuggets w/ Whole Wheat Bread Slice (V)
Corn
Fresh Apple

18

Penne w/ Beef Meat Sauce & Italian Vegetables
or
Penne w/ Tomato Sauce & Chickpeas (V)
Broccoli
Apple slices

19

Home-Style Macaroni & Cheese w/ Broccoli (V)
Fresh Apple

22

Chicken Bites w/ Roasted Potatoes
or
Vegetarian Chili w/ Brown Rice & Green Beans
Apple Slices

23

Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables
or
Spanish Rice & Beans w/ Plantain (V)
Fresh Apple

24

Cheese Ravioli w/ Tomato Sauce & Italian Vegetables (V)
Fresh Pear

25

Adobo Chicken w/ Cilantro Brown Rice & Street Corn
or
Home-Style Macaroni & Cheese w/ Broccoli (V)
Apple Slices

26

Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V)
Italian Vegetables
Fresh Apple

29

Beef Burger w/ Ketchup & Green Beans
or
Spanish Rice & Beans w/ Plantain (V)
Apple Slices

30

Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables
or
Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)
Fresh Pear

DID YOU KNOW...

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Lunch Milk Choices

1% Milk and Skim Milk

Please Note

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Lunch K-8

APRIL 2024

MON	TUE	WED	THU	FRI
1 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/Quinoa Plaf, Black Beans & Tomato (V) Fresh Apple	2 Beef Meatballs in Tomato Sauce w/Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	3 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	4 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/Ketchup & Roasted Potatoes (V) Fresh Banana	5 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
8 Meatloaf w/Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple	9 BBQ Chicken w/Brown Rice & Baked Beans or NEW! Latin Bean Melt Flatbread (V) Fresh Pear	10 Buffalo Chicken Melt Flatbread Celery Sticks w/Ranch Dressing or Cheese Raviolis w/Green Beans (V) Fresh Apple	11 Turkey Fajita w/Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	12 NEW! Southwestern Chicken Salad w/Pita Bread & Ranch Dressing or Cheese Pizza w/Garden Salad & Ranch Dressing Fresh Apple
15 BBQ Beef Meatballs w/ Club Roll or Pasta w/Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	16 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear	17 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/Beans & Cheese (V) Fresh Apple	18 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/Green Beans (V) Fresh Banana	19 Chicken Breast Sandwich w/Mayo or French Bread Cheese Pizza (V) Baby Carrots w/Ranch Dressing Fresh Apple
22 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/Ketchup (V) Roasted Potatoes Fresh Apple	23 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/Beans & Cheese (V) Fresh Pear	24 Spaghetti & Beef Meatballs in Tomato Sauce w/Broccoli or Veggie Burger w/Ketchup Garden Side Salad w/Ranch Dressing (V) Fresh Apple	25 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/Ranch Dressing or Cobb Salad w/Pita Bread (V) Fresh Banana	26 Turkey & Cheese Sandwich w/Mayo or Cheese Pizza (V) Baby Carrots w/Ranch Dressing Fresh Apple
29 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/Quinoa Plaf, Black Beans & Tomato (V) Fresh Apple	30 Beef Meatballs in Tomato Sauce w/Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear			

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Lunch 9-12

APRIL 2024

MON

TUE

WED

THU

FRI

1 Chicken Nuggets w/
Ketchup Baked Beans &
Whole Wheat Bread Slice
or
Falafel Bites w/ Quinoa
Pflat, Black Beans & Tomato
(V)
Fresh Apple & Fresh Orange

2 Beef Meatballs in Tomato
Sauce w/ Mozzarella Cheese
or
Home-Style Macaroni &
Cheese (V)
Broccoli
Diced Peaches & Fresh Pear

3 Hot Honey Chicken Ciabatta
Sandwich
or
French Toast Sticks w/
Scrambled Eggs & Graham
Crackers (V)
Roasted Sweet Potatoes
Fresh Banana & Fresh Apple

4 Adobo Chicken w/ Cilantro
Brown Rice & Street Corn
or
Veggie Burger w/ Ketchup &
Roasted Potatoes (V)
Diced Pineapple & Fresh
Banana

5 Egg Salad Sandwich (V)
or
French Bread Cheese Pizza
(V)
Celery Sticks w/ Ranch
Dressing
Fresh Apple & Raisins

8 Meatloaf w/ Gravy, Mashed
Potatoes & Dinner Roll
or
Cheese Quesadilla w/ Sour
Cream and Street Corn (V)
Fresh Apple & Fresh Orange

9 BBQ Chicken w/ Brown Rice
& Baked Beans
or
NEW! Latin Bean Melt
Flatbread (V)
Diced Peaches & Fresh Pear

10 Buffalo Chicken Melt
Flatbread & Celery Sticks w/
Ranch Dressing
or
Edamame Noodle Bowl w/
Blended Vegetables (V)
Fresh Banana & Fresh Apple

11 Turkey Fajita w/ Brown Rice
& Carrots
or
Stuffed Bread Sticks w/
Marinara Sauce & 100%
Vegetable Juice (V)
Diced Pineapple & Fresh
Banana

12 **NEW!** Southwestern
Chicken Salad w/ Pita Bread
or
Cheese Pizza (V)
Garden Salad w/ Ranch
Dressing
Fresh Apple & Raisins

15 BBQ Beef Meatballs w/
Whole Wheat Bread Slice
or
Pasta w/ Tomato Sauce &
Mozzarella Cheese (V)
Broccoli
Fresh Apple & Fresh Orange

16 Chicken Tenders w/ Ketchup
& Roasted Potatoes
or
Protein Pasta Alfredo w/
Peas (V)
Diced Peaches & Fresh Pear

17 Turkey Hot Dog w/ Ketchup
& Baked Beans
or
Spanish Rice & Beans w/
Cheese (V)
Fresh Banana & Fresh Apple

18 Chicken Caesar Salad w/
Pita Bread
or
Home-Style Macaroni &
Cheese w/ Broccoli (V)
Diced Pineapple & Fresh
Banana

19 Chicken Breast Sandwich
w/ Mayo
or
French Bread Cheese Pizza
(V)
Baby Carrots w/ Ranch
Dressing
Fresh Apple & Raisins

22 Beef Cheeseburger w/
Ketchup
or
Egg & Cheese Sandwich w/
Ketchup (V)
Roasted Potatoes
Fresh Apple & Fresh Orange

23 Turkey Salsa Bowl w/
Ranchero Rice & Pinto
Beans
or
Spanish Rice w/ Beans &
Cheese (V)
Diced Peaches & Fresh Pear

24 Spaghetti & Beef Meatballs
in Tomato Sauce w/ Broccoli
or
Veggie Burger w/ Ketchup
Garden Side Salad w/ Ranch
Dressing (V)
Fresh Banana & Fresh Apple

25 Crispy Cheesy Chicken
Biscuit Sandwich
Celery Sticks w/ Ranch
Dressing
or
Cobb Salad w/ Pita Bread (V)
Diced Pineapple & Fresh
Banana

26 Turkey & Cheese Sandwich
w/ Mayonnaise
or
Cheese Pizza (V)
Baby Carrots w/ Ranch
Dressing
Fresh Apple & Raisins

29 Chicken Nuggets w/
Ketchup Baked Beans &
Whole Wheat Bread Slice
or
Falafel Bites w/ Quinoa
Pflat, Black Beans & Tomato
(V)
Fresh Apple & Fresh Orange

30 Beef Meatballs in Tomato
Sauce w/ Mozzarella Cheese
or
Home-Style Macaroni &
Cheese (V)
Broccoli
Diced Peaches & Fresh Pear

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

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Snack Pre-K

APRIL 2024

MON	TUE	WED	THU	FRI
1 Whole-Grain Pretzels w/ Hummus	2 Whole-Grain Sunchips w/ 100% Orange Juice	3 Blueberry Muffin w/ Mozzarella String Cheese	4 Strawberry Yogurt w/ Whole-Grain Graham Crackers	5 Whole-Grain Cheez-its w/ 100% Fruit Juice
8 Strawberry Yogurt w/ Whole-Grain Graham Crackers	9 Tostitos Scoops w/ 100% Orange Juice	10 Whole-Grain Cheez-its w/ 100% Fruit Juice	11 Apple Cinnamon Muffin w/ Mozzarella String Cheese	12 Whole-Grain Pretzels w/ Sunbutter
15 Blueberry Muffin w/ Mozzarella String Cheese	16 Whole-Grain Cheez-its w/ 100% Fruit Juice	17 Whole-Grain Pretzels w/ 100% Orange Juice	18 Mozzarella String Cheese w/ Fresh Large Apple	19 Strawberry Yogurt w/ Whole-Grain Graham Crackers
22 Whole-Grain Pretzels w/ Sunbutter	23 Banana Muffin w/ Fresh Large Apple	24 Whole Grain Sunchips w/ 100% Orange Juice	25 Whole-Grain Pretzels w/ Mozzarella String Cheese	26 Tostitos Scoops w/ Fresh Large Apple
29 Whole-Grain Pretzels w/ Hummus	30 Whole-Grain Sunchips w/ 100% Orange Juice			

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Snack K-12

APRIL 2024

MON	TUE	WED	THU	FRI
1 Whole-Grain Pretzels w/ 100% Orange Juice	2 Whole-Grain Graham Crackers w/ 100% Fruit Juice	3 Blueberry Muffin w/ Mozzarella String Cheese	4 Whole-Grain Cheez-its w/ 100% Fruit Juice	5 Tostitos Scoops w/ 100% Apple Juice
8 Whole-Grain Cheez-its w/ 100% Fruit Juice	9 Doritos Cool Ranch w/ 100% Orange Juice	10 Whole-Grain Graham Crackers w/ 100% Apple Juice	11 Apple Cinnamon Muffin w/ Mozzarella String Cheese	12 Whole-Grain Pretzels w/ 100% Orange Juice
15 Banana Muffin w/ 100% Orange Juice	16 Baked Cheetos w/ 100% Fruit Juice	17 Whole-Grain Graham Crackers w/ Strawberry Yogurt	18 Whole-Grain Pretzels w/ Mozzarella String Cheese	19 Corn Muffin w/ 100% Orange Juice
22 Roasted Sunflower Seeds w/ 100% Fruit Juice	23 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	24 Whole Grain Sunchips w/ 100% Orange Juice	25 Mozzarella String Cheese w/ Fresh Large Apple	26 Whole-Grain Graham Crackers w/ 100% Orange Juice
29 Whole-Grain Pretzels w/ 100% Orange Juice	30 Whole-Grain Graham Crackers w/ 100% Fruit Juice			

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Supper Grab & Go

APRIL 2024

MON	TUE	WED	THU	FRI
1 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	2 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	3 Build Your Own Pizza Kit (V) Fresh Orange	4 Chicken Salad Sandwich Side Salad w/ Ranch Dressing or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	5 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
8 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	9 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	10 Turkey Bologna & Cheese Sandwich w/ Baby Carrots or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	11 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	12 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
15 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	16 Italian Caprese Sandwich w/ Potato Salad or Cheese Sandwich w/ 100% Vegetable Juice (V) Pineapple Cup	17 Build Your Own Pizza Kit (V) Fresh Orange	18 Chicken Salad Sandwich Side Salad w/ Ranch Dressing & Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	19 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
22 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	23 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	24 Buffalo Chicken Flatbread Sandwich w/ Celery & Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	25 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	26 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
29 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	30 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)			

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Supper Full Fresh

APRIL 2024

MON	TUE	WED	THU	FRI
1 Beef Burger w/ Ketchup & Green Beans Apple Slices	2 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	3 Turkey Salsa Bowl w/ Ranchero Rice & Seasoned Pinto Beans Fresh Apple	4 Turkey & Cheese Sandwich Garden Side Salad w/Ranch Dressing Pineapple Cup	5 Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing Fresh Apple
8 Chicken Parmesan w/ Green Beans Apple Slices	9 Hero Sandwich w/ Potato Salad Fresh Orange	10 Salisbury Steak w/ Roasted Potatoes Fresh Pear	11 Honey Bagel w/ Butter & Mozzarella String Cheese(V) Garden Side Salad w/Ranch Dressing Fresh Apple	12 Turkey Fajita w/ Brown Rice and Corn Fresh Apple
15 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese Italian Vegetables Apple Slices	16 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	17 Chicken Fingers w/ Ketchup & Corn Fresh Apple	18 Turkey & Cheese Sandwich Garden Side Salad w/ Ranch Dressing Pineapple Cup	19 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
22 Chicken Bites w/ Roasted Potatoes Apple Slices	23 Hero Sandwich w/ Potato Salad Fresh Apple	24 Adobo Chicken w/ Cilantro Brown Rice & Street Corn Fresh Pear	25 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Orange	26 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
29 Beef Burger w/ Ketchup & Green Beans Apple Slices	30 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear			

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