



OCTOBER 2022

Pre-K Breakfast and Lunch Menu

San Antonio

Celebrate
National School Lunch
Week (NSLW)
with New Lunch Menu
Items!
Oct 24th – Oct 28th



MONDAY

3

- B Breakfast Kolache
- L Veggie Pizza
Crumbly Ranch Cauliflower

TUESDAY

4

- B Fresh Fruit Parfait
- L Texas Tacos
Street Corn

WEDNESDAY

5

- B Cereal & Cracker Pack
- L Chicken & Vegetable
Lo Mein

THURSDAY

6

- B Cereal & Cracker Pack
- L Turkey Hot Dog
Bean Chili

FRIDAY

7

- B No School



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

LEGEND

B: Breakfast
L: Lunch



NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.

10

- B No School

11

- B Mini Maple Chip Waffles
- L Chicken Tamales
Jicama Sticks w/ Tajin

12

- B Denver Style Breakfast Burrito
- L Lasagna Rollup
Homemade Marinara

13

- B Biscuit & Jelly
- L Toasty Turkey Cheddar
Flatbread Sandwich
Homemade Pickle Chips

14

- B Apple Pie Overnight Oats
- L Cheese or Pepperoni Pizza
Italian Seasoned Veggies

17

- B Pancake Sandwich
- L Cheeseburger or
Hamburger
Curly Fries

18

- B Cereal or Cracker Pack
- L Beef Picadillo
Spanish Rice

19

- B Toast & Strawberry Cream
Cheese
- L Roasted Chicken
Dinner Roll
Roasted Zucchini Slices

20

- B Breakfast Pizza
- L Spaghetti with Meatballs
Homemade Marinara

21

- B Sausage, Egg & Cheese
English Muffin
- L Chicken or Fish Dippers
Sweet Potato Puffs

24

- B Breakfast Kolache
- L Philly Cheese Steak
Sweet Potato Puffs

NSLW

25

- B Fresh Fruit Parfait
- L BBQ Chicken
Dinner Roll
Baked Beans

NSLW

26

- B Cereal & Cracker
- L Creamy Chicken Pastalaya
Seasoned Corn

NSLW

27

- B Cereal & Cracker
- L Coditos con Pollo
Vegetable Medley

NSLW

28

- B Ham, Egg & Cheese
Sandwich
- L Beef Nachos
Shredded Romaine
Sour Cream

NSLW

31

- B Mini Maple Chip Waffles
- L Chicken Tamales
Jicama Sticks w/ Tajin

Nov 1

- B Homemade Granola &
Vanilla Yogurt Cup
- L Crispy Beef Tacos
Refried Beans

Nov 2

- B Denver Style Breakfast Burrito
- L Lasagna Rollup
Homemade Marinara

Nov 3

- B Biscuit & Jelly
- L Toasty Turkey Cheddar
Flatbread Sandwich
Homemade Pickle Chips

Nov 4

- B Apple Pie Overnight Oats
- L Cheese or Pepperoni Pizza
Italian Seasoned Veggies