



OCTOBER 2022

Pre-K Breakfast and Lunch Menu

Tarrant County

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
- L 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

L 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 Spiced Chicken Pita
Cucumber Feta Tomato Salad

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 **NSLW**

L Philly Cheese Steak
Sweet Potato Puffs

25

B Fresh Fruit Parfait **NSLW**

L BBQ Chicken Dinner Roll
Baked Beans

26

B Cereal & Cracker Pack **NSLW**

L Creamy Chicken Pastalaya
Seasoned Corn

27

B Cereal & Cracker Pack **NSLW**

L Chicken Pot Pie

28

B Ham, Egg & Cheese Sandwich **NSLW**

L Beef Nachos
Shredded Romaine
Sour Cream

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