

# MAY 2023

## Pre-K Breakfast and Lunch Menu

### Tarrant County



#### 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

#### 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.

#### MONDAY

<b>1</b>	<b>BREAKFAST</b> Pancake Sandwich
	<b>LUNCH</b> Cheeseburger or Hamburger Baked Beans
<b>8</b>	<b>BREAKFAST</b> Breakfast Kolache
	<b>LUNCH</b> Veggie Pizza Zucchini Bake
<b>15</b>	<b>BREAKFAST</b> Warm Biscuit
	<b>LUNCH</b> Chicken Tamales Cilantro Cabbage Salad
<b>22</b>	<b>BREAKFAST</b> Pancake Sandwich
	<b>LUNCH</b> Cheeseburger or Hamburger Baked Beans
<b>29</b>	

#### TUESDAY

<b>2</b>	<b>BREAKFAST</b> Cereal or Cereal Cracker Pack
	<b>LUNCH</b> Burrito Bowl Cowboy Caviar
<b>9</b>	<b>BREAKFAST</b> Fresh Fruit Parfait
	<b>LUNCH</b> Carne Guisada w/ Wheat Tortilla Mini Shredded Romaine & Tomato Salad
<b>16</b>	<b>BREAKFAST</b> Snack N' Waffles
	<b>LUNCH</b> Turkey Club Sub Veggie Quinoa Soup
<b>23</b>	<b>BREAKFAST</b> Cereal or Cereal Cracker Pack
	<b>LUNCH</b> Burrito Bowl Cowboy Caviar
<b>30</b>	

#### WEDNESDAY

<b>3</b>	<b>BREAKFAST</b> Cinnamon Bagel
	<b>LUNCH</b> Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy
<b>10</b>	<b>BREAKFAST</b> Turkey Ham, Egg & Cheddar Croissant
	<b>LUNCH</b> Chicken Teriyaki & Not So Fried Rice Sauteed Asian Vegetables
<b>17</b>	<b>BREAKFAST</b> Homemade Granola & Yogurt Cup
	<b>LUNCH</b> Creamy Chicken Alfredo w/ Garlic Breadstick
<b>24</b>	<b>BREAKFAST</b> Cinnamon Bagel
	<b>LUNCH</b> Crispy Baked Chicken w/ Warm Dinner Roll Rustic Mashed Potatoes w/ Gravy
<b>31</b>	

#### THURSDAY

<b>4</b>	<b>BREAKFAST</b> Breakfast Pizza
	<b>LUNCH</b> Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce
<b>11</b>	<b>BREAKFAST</b> Cereal or Cereal Cracker Pack
	<b>LUNCH</b> Turkey Hot Dog w/ Bean Chili Curly Fries
<b>18</b>	<b>BREAKFAST</b> Potato, Egg & Cheese Breakfast Burrito
	<b>LUNCH</b> Crispy Beef Tacos Refried Beans
<b>25</b>	<b>BREAKFAST</b> Breakfast Pizza
	<b>LUNCH</b> Spaghetti & Meatballs w/ Garlic Breadstick Homemade Marinara Sauce

#### FRIDAY

<b>5</b>	<b>BREAKFAST</b> Sausage, Egg and Cheese English Muffin
	<b>LUNCH</b> Crispy Chicken Sandwich or Crispy Fish Sandwich Curly Fries
<b>12</b>	<b>BREAKFAST</b> Cocoa Banana Overnight Oats
	<b>LUNCH</b> Steak Fingers or Fish Dippers Country Style Green Beans
<b>19</b>	<b>BREAKFAST</b> Cereal or Cereal Cracker Pack
	<b>LUNCH</b> Cheese or Pepperoni Pizza Fresh Garden Salad w/Croutons
<b>26</b>	<b>BREAKFAST</b> Sausage, Egg and Cheese English Muffin
	<b>LUNCH</b> Crispy Chicken Sandwich or Crispy Fish Sandwich Curly Fries