

# Pre K 4 SA Menu - VEGETARIAN



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
<b>BREAKFAST</b>	No School Parent - Teacher Conferences	Breakfast Pizza 1 each Spiced Pears 1/2 cup Milk 1 each	Apple Cinnamon Muffin 1 each Orange Wedges 4 each Milk 1 each	Bagel Sandwich 1 each Egg & Cheese 2 oz. Apple Slices w/cinnamon* 1/2 cup Milk 1 each	Cereal Bowl 1 each Fresh Banana 1 each Milk 1 each
<b>LUNCH</b>	No School Parent - Teacher Conferences	Teriyaki Tofu 1/2 cup Cilantro Rice 1/4 cup Steamed Broccoli 1/4 cup Mandarin Oranges 1/4 cup Milk 1 each	Vegetarian Italian Lasagna 1 each Garlic Bread Stick 1/2 each Normandy Blend Vegetables 1/4 cup Fresh Pear 1 each Milk 1 each	Vegetarian Hot Dog w/Bun 1 each Potato Tots 1/4 cup Spiced Peaches 1/4 cup Milk 1 each Ketchup 1 each	Italian Pasta Salad 3/4 cup Baby Carrots 1/2 cup Mixed Fruit Cup 1 each Milk 1 each Ranch Dressing 1 each
<b>SNACK</b>	No School Parent - Teacher Conferences	Colby Cheese Stick 1 oz. Fresh Pear 1 each	Strawberry Banana Yogurt Cup 4 oz. Granola 1 oz.	Multigrain Cheerios 1 oz. 100% Orange Juice 4 oz.	Black Bean Dip 2 oz. Whole Grain Tortilla Chips 1 oz.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
<b>BREAKFAST</b>	Biscuit 1 each Apple Slices w/cinnamon 1/2 cup Milk 1 each Jelly 1 each	Cereal Bowl 1 each Orange Wedges 4 each Milk 1 each	English Muffin Sandwich 1 each Egg & Cheese 2 oz. Peaches 1/2 cup Milk 1 each	Mini Waffles 3 each Vegetarian Sausage Pattie 1 each Applesauce* 1/2 cup Milk 1 each Syrup 1 each	Bagel 1 each Cream Cheese 1 each Fresh Banana 1 each Milk 1 each
<b>LUNCH</b>	Vegetarian Nuggets 5 each Stir Fried Rice 1/4 cup Normandy Blend Vegetables 1/4 cup Mixed Fruit Cup 1 each Milk 1 each Ketchup 1 each	Tofu Loaf 4 oz. Whole Grain Roll 1 each Mashed Potatoes 1/4 cup Pineapple 1/4 cup Milk 1 each	Vegetarian Chili 1/2 cup Cornbread Muffin 1 each Mixed Vegetables 1/4 cup Applesauce 1/4 cup Milk 1 each	Tofu & Cheese Quesadilla 1 each 6" Tortilla 1 each Broccoli 1/4 cup Pear Fruit Cup 1 each Milk 1 each	Sun Butter Sandwich 1 each Baby Carrots 1/2 cup Mandarin Orange Fruit Cup 1 each Milk 1 each Ranch Dressing 1 each
<b>SNACK</b>	Strawberry Applesauce Cup 4 oz. WG Graham Crackers 1 oz.	Strawberry Banana Yogurt Cup 4 oz. Fresh Pear 1 each	Baby Carrots 1/2 cup Plain Sun Chips 1 oz.	100% Fruit Punch Juice 4 oz. Whole Grain Crackers 1 oz.	Traditional Chex Mix 1 oz. String Cheese 1 oz.

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