

September 2023

Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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- Main Entrees
- Shredded Cheddar Cheese
 - Seasoned Beef Taco Meat
 - Soft Flour Tortilla
 - Salsa
 - Low Fat Sour Cream
 - Shredded Lettuce
- Alternate Entrees
- Shredded Cheddar Cheese
 - Mexican Style Refried Beans
 - Hard Taco Shells
- Sides for All Meals
- Fresh Orange Wedges
 - Roasted Red & Green Bell Peppers
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Pancakes
 - Turkey Sausage Patty
- Alternate Entrees
- Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Chilled Peaches
 - Tater Tots
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Chicken Nuggets
 - Whole Grain Dinner Roll
- Alternate Entrees
- Vegan Chic'n Nuggets
 - Whole Grain Dinner Roll
- Sides for All Meals
- Fresh Banana
 - Boston Baked Beans
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Cheese Pizza Slice
- Alternate Entrees
- Muffin, Cheese, & Yogurt Fun Lunch
- Sides for All Meals
- Fresh Whole Fruit
 - Seasoned Spinach
- Milk & Condiments
- Low Fat Lactose-Free Milk
 - Skim Milk

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- Main Entrees
- Chili Cheese Dog
- Alternate Entrees
- Veggie Burger
- Sides for All Meals
- Unsweetened Applesauce
 - Sweet Potato Fries
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Soft Flour Tortilla
 - Seasoned Beef Taco Meat
 - Shredded Cheddar Cheese
 - Shredded Lettuce
 - Low Fat Sour Cream
 - Salsa
- Alternate Entrees
- Soft Flour Tortilla
 - Mexican Style Refried Beans
 - Shredded Cheddar Cheese
- Sides for All Meals
- Fresh Pear
 - Mexican Style Refried Beans
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Apple Cinnamon Texas Toast
 - Turkey Sausage Patty
- Alternate Entrees
- Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Pineapple Tidbits
 - Hash Brown Patty
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Fresh Baked Whole Grain Biscuit
 - Boneless Chicken Wings with Honey BBQ Sauce
- Alternate Entrees
- IW WG Bagel
 - Marinara Sauce
 - Shredded Mozzarella Cheese
- Sides for All Meals
- Fresh Banana
 - Seasoned Corn
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Classic Four Cheese Pizza
- Alternate Entrees
- Pepperoni Calzone
- Sides for All Meals
- Marinara Sauce
 - Fresh Whole Fruit
 - Seasoned Zucchini
- Milk & Condiments
- Low Fat Lactose-Free Milk
 - Skim Milk

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- Main Entrees
- Classic American Cheeseburger
- Alternate Entrees
- Veggie Burger
- Sides for All Meals
- Sliced Fresh Apples
 - Seasoned Broccoli Florets
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Soft Flour Tortilla
 - Seasoned Beef Taco Meat
 - Shredded Cheddar Cheese
 - Shredded Lettuce
 - Low Fat Sour Cream
 - Salsa
- Alternate Entrees
- Hard Taco Shells
 - Mexican Style Refried Beans
 - Shredded Cheddar Cheese
- Sides for All Meals
- Fresh Whole Fruit
 - Mexican Style Refried Beans
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Whole Grain Waffle
 - Turkey Sausage Patty
- Alternate Entrees
- Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Chilled Peaches
 - Tater Tots
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Chicken Tenders
 - Farro Salad
- Alternate Entrees
- Vegan Chic'n Nuggets
 - Whole Grain Dinner Roll
- Sides for All Meals
- Fresh Whole Fruit
 - Cinnamon Glazed Carrots
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Personal Cheese Pizza
- Alternate Entrees
- Muffin, Cheese, & Yogurt Fun Lunch
- Sides for All Meals
- Unsweetened Applesauce
 - Seasoned Wax Beans
- Milk & Condiments
- Low Fat Lactose-Free Milk
 - Skim Milk

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- Main Entrees
- Cheese Lasagna Rollup
 - Whole Grain Dinner Roll
- Alternate Entrees
- Yogurt, Cheese & Cracker Fun Lunch
- Sides for All Meals
- Sliced Fresh Apples
 - Yellow Squash
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Shredded Cheddar Cheese
 - Seasoned Beef Taco Meat
 - Soft Flour Tortilla
 - Shredded Lettuce
 - Low Fat Sour Cream
 - Salsa
- Alternate Entrees
- Soft Flour Tortilla
 - Mexican Style Refried Beans
 - Shredded Cheddar Cheese
- Sides for All Meals
- Chilled Peaches
 - Roasted Red & Green Bell Peppers
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Whole Grain French Bites
 - Turkey Sausage Patty
- Alternate Entrees
- Sunbutter & Grape Jelly Sandwich
- Sides for All Meals
- Fresh Orange Wedges
 - Hash Brown Patty
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Crispy Chicken Patty Sandwich
- Alternate Entrees
- Vegan Chic'n Nuggets
 - Breadstick
- Sides for All Meals
- Pineapple Tidbits
 - Cajun Sweet Potato Fries
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

- Main Entrees
- Stuffed Crust Cheese Pizza
- Alternate Entrees
- Muffin, Cheese, & Yogurt Fun Lunch
- Sides for All Meals
- Unsweetened Applesauce
 - Steamed Peas
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.