

# Lunch Pre-K

JUNE 2024

MON TUE WED THU FRI

<p>3 Chicken Parmesan w/ Green Beans <b>or</b> Penne Pasta in Tomato Sauce w/ Mozzarella Cheese &amp; Italian Vegetables (V)  Fresh Apple</p>	<p>4 Spanish Rice &amp; Beans (V)  Plantain  Fresh Apple</p>	<p>5 Salisbury Steak w/ Roasted Potatoes <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)  Fresh Pear</p>	<p>6 BBQ Chicken w/ Sweet Mashed Potatoes <b>or</b> Home-Style Macaroni &amp; Cheese w/ Broccoli (V)  Fresh Apple</p>	<p>7 Turkey Fajita w/ Brown Rice &amp; Corn <b>or</b> Cheese Pizza w/ Garden Salad &amp; Ranch Dressing (V)  Fresh Apple</p>
<p>10</p>	<p>11 Chicken Mole w/ Brown Rice Pilaf &amp; Green Peas <b>or</b> Spanish Rice &amp; Beans w/ Plantain (V)  Fresh Pear</p>	<p>12 Chicken Fingers w/ Ketchup <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice (V)  Corn  Fresh Apple</p>	<p>13 Penne w/ Beef Meat Sauce &amp; Italian Vegetables <b>or</b> Penne w/ Chickpeas in Tomato Sauce w/ Broccoli (V)  Fresh Apple</p>	<p>14 Home-Style Macaroni &amp; Cheese (V)  Broccoli  Fresh Apple</p>
<p>17 Chicken Bites w/ Roasted Potatoes <b>or</b> Vegetarian Chili w/ Brown Rice &amp; Green Beans (V)  Fresh Apple</p>	<p>18 Turkey Chili w/ Whole Wheat Bread Slice &amp; Mixed Vegetables <b>or</b> Spanish Rice &amp; Beans w/ Plantain (V)  Fresh Apple</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Lunch Milk Choices

1% Milk and Skim Milk

### Please Note

Locally Grown Component Planned Daily

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

