



# NECSD Pre-K Breakfast & Lunch Menu APRIL 2025

| Preschool Meal Pattern |   |               |   |               |
|------------------------|---|---------------|---|---------------|
|                        | Breakfast   |               | Lunch   |               |
|                        | 1-2 years   | 3-5 years     | 1-2 years   | 3-5 years     |
| Milk                   | ½ cup (4 oz.)   | ¾ cup (6 oz.) | ½ cup (4 oz.)   | ¾ cup (6 oz.) |
| Fruits                 | ¼ cup   | ½ cup         | ¼ cup   | ¼ cup         |
| Vegetables             |   |               | ¼ cup   | ¼ cup         |
|                        |   |               | Optional: A second, different vegetable may be served in place of fruit at lunch. |               |
| Grains                 | ½ oz. eq.   | ½ oz. eq.     | ½ oz. eq.   | ½ oz. eq.     |
| Meat/Meat Alternatives |   |               | 1 oz. eq.   | 1½ oz. eq.    |
|                        | Optional: Meat/meat alternatives may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq. |               |   |               |

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <b>March 31</b><br>Breakfast:<br>WG Confetti Pancakes<br>Apple Slices<br>1% Milk<br><br>Lunch: Bagel Kit:<br>WG Bagel w/Cream Cheese<br>Low Fat Yogurt<br>Mozz. Cheese Stick<br>Carrot Sticks w/Dip<br>Fresh Fruit<br>1% Milk  | <b>April 1</b><br><br>Breakfast:<br>Chocolate Chip Muffin<br>Banana<br>1% Milk<br><br>Lunch:<br>Grilled Cheese on WW Bread<br>Steamed Broccoli<br>Chilled Pears<br>1% Milk  | <b>2</b><br><br>Breakfast:<br>Maple Belgian Waffle<br>Sliced Oranges<br>1% Milk<br><br>Lunch:<br>Homemade Mac & Cheese<br>Celery Sticks<br>Banana<br>1% Milk                             | <b>3</b><br>Breakfast:<br>Cheerios (1oz)<br>100% Juice<br>1% Milk<br><br>Lunch:<br>Homemade Cheese Pizza<br>Cucumber Dill Salad<br>Chilled Applesauce<br>1% Milk        | <b>4</b><br>Breakfast:<br>ChatSnax Grahams<br>Low fat Yogurt<br>Pears<br>1% Milk<br><br>Lunch:<br>Golden Chicken Nuggets<br>w/WG Dinner Roll<br>Steamed Carrot Coins<br>Chilled Applesauce<br>1% Milk |
| <b>7</b><br>Breakfast:<br>Mini Cinni<br>Apple Slices<br>1% Milk<br><br>Lunch:<br>Pizza Kit: WG Flatbread w/<br>Marinara Sauce and Mozz. Cheese<br>Fresh Broccoli Florets<br>Fresh Fruit<br>1% Milk                             | <b>8</b><br>Breakfast:<br>WG Blueberry Bread<br>Banana<br>1% Milk<br><br>Lunch:<br>Cinnamon French Toast Sticks w/<br>Warm Strawberry Sauce<br>Chicken Sausage Patty<br>Oven Roasted Potatoes<br>Fresh Fruit<br>1% Milk | <b>9</b><br>Breakfast:<br>Cinnamon French Toast Sticks<br>Sliced Oranges<br>1% Milk<br><br>Lunch:<br>Meat Sauce and Pasta<br>Mini Dinner Roll<br>Steamed Green Peas<br>Banana<br>1% Milk | <b>10</b><br>Breakfast:<br>Zee Zee's B-Day Cake Bar<br>100% Juice<br>1% Milk<br><br>Lunch:<br>Homemade Cheese Pizza<br>Tossed Romaine Salad<br>Diced Peaches<br>1% Milk | <b>11</b><br>Breakfast:<br>WG French Toast Sticks<br>Apple Slices<br>1% Milk<br><br>Lunch:<br>Turkey & Cheese Sandwich<br>Carrot Sticks<br>Apple slices<br>1% Milk                                    |
| <b>14</b><br><b>NO SCHOOL<br/>SPRING BREAK</b>   | <b>15</b><br><b>NO SCHOOL<br/>SPRING BREAK</b>  | <b>16</b><br><b>NO SCHOOL<br/>SPRING BREAK</b>   | <b>17</b><br><b>NO SCHOOL<br/>SPRING BREAK</b>  | <b>18</b><br><b>NO SCHOOL<br/>SPRING BREAK</b>  |
| <b>21</b><br>Breakfast:<br>Cinnamon UBR<br>Craisins<br>1% Milk<br><br>Lunch:<br>Chicken Tenders<br>Baked Sweet Potato Fries<br>Apple Slices<br>1% Milk   | <b>22</b><br>Breakfast:<br>WG Pumpkin Bread<br>Sliced Oranges<br>1% Milk<br><br>Lunch:<br>Homemade Mac & Cheese<br>Steamed Garlic Zucchini<br>Banana<br>1% Milk   | <b>23</b><br>Breakfast:<br>WG Bagel and Cream Cheese<br>Apple Slices<br>1% Milk<br><br>Lunch:<br>Sloppy Joe w/Whole Wheat Roll<br>Steamed Carrot Coins<br>Craisins<br>1% Milk            | <b>24</b><br>Breakfast:<br>WG Mini Corn Loaf<br>100% Juice<br>1% Milk<br><br>Lunch:<br>Homemade Cheese Pizza<br>Fresh Broccoli Salad<br>Chilled Applesauce<br>1% Milk   | <b>25</b><br>Breakfast:<br>Emoji Grahams<br>Low fat Yogurt<br>Craisins<br>1% Milk<br><br>Lunch:<br>Twisted Cheese Filled<br>Breadstick w/Marinara Sauce<br>Steamed Broccoli<br>1% Milk                |
| <b>28</b><br>Breakfast:<br>Choice of Cocoa Puffs or<br>Cinnamon Toast Crunch (1oz)<br>Apple Slices<br>1% Milk<br><br>Lunch:<br>Golden Chicken Filet on a Whole<br>Wheat Roll<br>Steamed Green Peas<br>Orange slices<br>1% Milk | <b>29</b><br>Breakfast:<br>WG Pumpkin Bread<br>Banana<br>1% Milk<br><br>Lunch:<br>Chicken Mashed Potato Bowl<br>WG Mini Biscuit<br>Steamed Corn<br>1% Milk  | <b>30</b><br>Breakfast:<br>Chicken Sausage on a Biscuit<br>Sliced Oranges<br>1% Milk<br><br>Lunch:<br>All Beef Hamburger on a WW Bun<br>Steamed Carrot Coins<br>Banana<br>1% Milk        | <b>May 1</b><br>Breakfast:<br>Cheerios (1oz)<br>100% Juice<br>1% Milk<br><br>Lunch:<br>Homemade Cheese Pizza<br>Cucumber Dill Salad<br>Chilled Applesauce<br>1% Milk    | <b>May 2</b><br>Breakfast:<br>WG Mini Biscuit<br>Steamed Corn<br>1% Milk  |

A student who brings their lunch to school can choose a milk, a fruit / veggie, and one other item to participate in this Free Meal Program!

Newburgh is a Community Eligibility Provision District. That means meals are provided to ALL Students at NO Cost! Menu items are subject to change based on availability. The USDA is an equal opportunity employer and provider.