

NECSD Pre-K Breakfast & Lunch Menu

# OCTOBER 2024



<p><b>Avast, me hearties!</b></p> <p><b>We arrrgh celebrating National School Lunch Week October 14-18</b></p>	<p><b>1</b></p> <p><b>Breakfast:</b> WG Cheerios Bowl w/ a Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> All White Meat Chicken Nuggets w/ a Whole Wheat Dinner Roll Baked Sweet Potato Fries Fresh Fruit 1% Milk</p>	<p><b>2</b></p> <p><b>Breakfast:</b> WG Blueberry Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> French Bread Pizza Steamed Broccoli Fresh Fruit 1% Milk</p>	<p><b>3</b></p> <p><b>No School</b></p> 	<p><b>4</b></p> <p><b>No School</b></p> 
<p><b>7</b></p> <p><b>Breakfast:</b> Cinnamon UBR Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> <b>Bagel Kit</b> WG Bagel w/ Cream Cheese Low fat Yogurt Mozzarella Cheese Stick Carrot Sticks w/ Dip Green Apple 1% Milk</p>	<p><b>8</b></p> <p><b>Breakfast:</b> WG Confetti Pancakes Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>BRUNCH for Lunch:</b> Cinnamon French Toast Sticks Chicken Sausage Patty Oven Roasted Potatoes Warm Blueberries 1% Milk</p>	<p><b>9</b></p> <p><b>Breakfast:</b> WG Pumpkin Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Golden Breaded Chicken Filet on a Whole Wheat Roll Oven Baked Fries Steamed Green Beans Orange Slices 1% Milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b> Chicken Sausage on a Biscuit Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Beef &amp; Cheese Nachos Steamed Corn Steamed Brown Rice NYS Apples 1% Milk</p> 	<p><b>11</b></p> <p><b>Breakfast:</b> WG Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fruit 1 Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Tossed Romaine Salad Chilled Applesauce 1% Milk</p>
<p><b>14</b></p>  <p><b>Columbus/Indigenous Day</b> <b>No School</b></p>	<p><b>15</b></p> <p><b>Breakfast:</b> Walk the Plank WG PopTart Honey Roasted Sunflower Seeds Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Captain Goldback Popcorn Chicken w/a WG Mini Biscuit Mashed Potatoes Steamed Green Beans Orange Slices 1% Milk</p>	<p><b>16</b></p> <p><b>Breakfast:</b> WG Banana Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Twisted Peg Leg Breadstick w/ Marinara Steamed Green Beans Red Apple 1% Milk</p>	<p><b>17</b></p> <p><b>Breakfast:</b> Egg &amp; Cheese on an English Muffin Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> First Mate Sloppy Joe on a WW Bun Steamed Pirate Carrot Coins Banana 1% Milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b> WG Banana Muffin Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Fresh Broccoli Salad Bounty Chilled Cinnamon Pears 1% Milk</p>
<p><b>21</b></p> <p><b>Breakfast:</b> Zee Zee's B-day Cake Bar Low fat Yogurt Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Golden Chicken Tender w/ an Emoji Waffle Steamed Carrot Coins Orange Slices 1% Milk</p>	<p><b>22</b></p> <p><b>Breakfast:</b> Cinnamon French Toast Sticks Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> BBQ Chicken &amp; Cheese Slider Steamed Carrot Coins Red Apples 1% Milk</p>	<p><b>23</b></p> <p><b>Breakfast:</b> WG Blueberry Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Macaroni &amp; Cheese Steamed Broccoli Banana 1% Milk</p>	<p><b>24</b></p> <p><b>Breakfast:</b> WG Bagel w/Cream Cheese Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Chicken Taco Scoops w/ Assorted Toppings Steamed Corn Steamed Brown Rice Pears 1% Milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b> WG Mini Corn Loaf Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Fresh Spinach Salad Apple Slices 1% Milk</p>
<p><b>28</b></p> <p><b>Breakfast:</b> Cinnamon Toast Crunch Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> All White Meat Chicken Nuggets w/ a Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Green Beans Red Apples 1% Milk</p>	<p><b>29</b></p> <p><b>Breakfast:</b> Mini Maple Waffle Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Grilled Cheese on WW Bread Steamed Broccoli Banana 1% Milk</p>	<p><b>30</b></p> <p><b>Breakfast:</b> WG Pumpkin Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Pizza Kit WG Flatbread w/ Marinara Sauce and Mozzarella Cheese Steamed Carrot Coins Diced Pears 1% Milk</p>	<p><b>31</b></p> <p><b>Breakfast:</b> WG Confetti Pancakes 100% Juice/Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Meat Sauce over Whole Grain Pasta Garlic Parmesan Zucchini Eeeek Frozen Fruit Cup 1% Milk</p> 	

Meals are provided to all Pre-K Students at NO Cost!