

NECSD Pre-K Breakfast & Lunch Menu

# DECEMBER 2022

			1	2
			<p><b>Breakfast:</b> Sausage, Egg &amp; Cheese Uncrustable Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> All Beef Hamburger on a Whole Grain Bun Baked Fries Steamed Carrot Coins Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Banana Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fruit Choice of Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Fresh Spinach Salad Fresh Apple Slices 1% Milk</p>
5	6	7	8	9
<p><b>Breakfast:</b> Zee Zee's Grahams Low fat Yogurt Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Golden Chicken Filet on a Whole Wheat Bun Steamed Green Beans Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> Turkey Sausage on a Biscuit Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Grilled Cheese on Whole Wheat Bread Steamed Carrot Coins Warm Cinnamon Apples 1% Milk</p>	<p><b>Breakfast:</b> WG Blueberry Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>BRUNCH for Lunch:</b> Cinnamon French Toast Sticks Turkey Sausage Patty Oven Roasted Potatoes Warm Strawberries 1% Milk</p>	<p><b>Breakfast:</b> Cheerios Bowl Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Beef &amp; Cheese Nachos Steamed Corn Steamed Brown Rice Fresh Fruit 1% Milk</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 Broccoli Salad Chilled Cinnamon Pears 1% Milk</p>
12	13	14	15	16
<p><b>Breakfast:</b> Nut-Free Granola 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 Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> Cinnamon French Toast Sticks Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Golden Fish Sticks w/a Whole Wheat Roll Baked Sweet Potato Fries Chilled Mixed Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Banana Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Chicken &amp; Cheese Quesadilla Steamed Corn Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> Egg &amp; Cheese on an English Muffin Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Bagel Kit! WG Bagel w/ Cream Cheese Low fat Yogurt Mozzarella Cheese Stick Carrot Sticks w/ Dip Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Apple Cinnamon Muffin Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Fresh Spinach Salad Chilled Peaches 1% Milk</p>
19	20	21	22	23
<p><b>Breakfast:</b> Zee Zee's Blueberry Lemon Bar Low fat Yogurt Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Popcorn Chicken w/ a Mini Biscuit Mashed Potatoes Steamed Green Beans Fresh Fruit</p>	<p><b>Breakfast:</b> Maple Belgian Waffle Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Pizza Kit!! WG Flatbread w/ Marinara Sauce and Mozzarella Cheese Fresh Broccoli Florets Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Pumpkin Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Macaroni &amp; Cheese Steamed Broccoli Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Bagel with Cream Cheese Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Roasted Chicken &amp; Gravy Whole Wheat Dinner Roll Mashed Potatoes Steamed Green Beans Warm Cinnamon Apples 1% Milk</p>	<p><b>Breakfast:</b> WG Blueberry Muffin Mozzarella Cheese Stick Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Cucumber Dill Salad Chilled Applesauce 1% Milk</p>

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