


# NECSD Pre-K Breakfast & Lunch Menu

# MARCH 2023



		<p><b>Breakfast:</b> WG Banana Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> BBQ Chicken &amp; Cheese on a WG Bun Baked Fries Warm Cinnamon Peaches 1% Milk</p>	<p><b>Breakfast:</b> WG Mini French Toast Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> "Green" Eggs and Ham on an English Muffin "Who" Hash Browns "Barbaloots" Fruit "Fun is Good" Milk</p>	<p><b>Breakfast:</b> WG Banana Loaf 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>
<p><b>Breakfast:</b> WG Emoji Grahams Low fat Yogurt Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Breaded Chicken Filet on a WG Bun Sweet Potato Fries 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> Turkey &amp; Cheese Sandwich Fresh Carrot Sticks Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Blueberry Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Pepperoni and Cheese French Bread Pizza Steamed Broccoli Fresh Fruit 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 Banana Muffin 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>
<p><b>Breakfast:</b> Zee Zee's B-day Cake Grahams 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> WG French Toast Sticks Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Grilled Cheese on Whole Wheat Bread Steamed Green Beans Warm Cinnamon Apples 1% Milk</p>	<p><b>Breakfast:</b> WG Pumpkin Bread 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> Chicken on a Biscuit Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Crunchy Beef Tacos Steamed Corn Steamed Brown Rice Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> WG Lucky Charms  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>
<p><b>Breakfast:</b> Nut-Free Granola 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 1% Milk</p>	<p><b>Breakfast:</b> WG Bagel with Cream Cheese Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>BRUNCH for Lunch:</b> WG Cinnamon French Toast Sticks Turkey Sausage Patty Oven Roasted Potatoes Warm Strawberry Sauce 1% Milk</p>	<p><b>Breakfast:</b> WG Banana Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> Twisted Breadstick w/ Marinara Sauce Steamed Carrot Coins Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> Chicken Sausage &amp; Cheese on a WG English Muffin Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> All Beef Cheeseburger Whole Wheat Bun Baked Fries Fresh Fruit 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>
<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 Nuggets Whipped Sweet Potatoes Steamed Green Beans Fresh Fruit 1% Milk</p>	<p><b>Breakfast:</b> Maple Belgian Waffle Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch: Bagel Kit!</b> 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 Blueberry Bread Fresh, Dried, or Canned Fruit 1% Milk</p> <p><b>Lunch:</b> BBQ Chicken &amp; Cheese on a WG Bun Baked Fries Warm Cinnamon Peaches 1% Milk</p>	<p><b>Breakfast:</b> WG Confetti Pancakes 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 Apple 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>

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