

# July

## SUMMER PRE-K LUNCH



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <b>BREAKFAST</b><br>Cheerios Cereal/ Mini Dipperdoodle Bar (DF)<br><br><b>LUNCH</b><br>Chicken Sausage & Cheddar Eggel Sandwich<br>Cheese Enchiladas (VG)<br>Diced Carrots <b>2</b>  | <b>BREAKFAST</b><br>Plain Bagel/ Cream Cheese<br><br><b>LUNCH</b><br>BBQ Chicken Drumstick w/ Cheesy Rice<br>Rainbow Veggie Pizza (VG)<br>Black Beans <b>3</b>                                   | Holiday   | <b>BREAKFAST</b><br>Zac Omega Blackberry Bar (DF)<br><br><b>LUNCH</b><br>Cheeseburger<br>Bean Cheese Pupusa (VG)<br>Lettuce w/ Ranch <b>4</b>             | <b>BREAKFAST</b><br>Yogurt/ Educational Snacks<br><br><b>LUNCH</b><br>Beefy Bean Cheese Burrito<br>Cheese Ravioli (VG)<br>Chili Citrus Corn <b>5</b>                       |
| <b>BREAKFAST</b><br>MultiGrain Cheerios Cereal/ Zac Attack Strawberry Bar (DF)<br><br><b>LUNCH</b><br>Hot Dog (DF)<br>Cheese Tamale (VG)<br>Diced Carrots <b>9</b>                   | <b>BREAKFAST</b><br>Breakfast Cinnamon Crumble<br><br><b>LUNCH</b><br>Chili Citrus Drumstick w/Rice (DF)<br>Pancakes Omelet (VG)<br>Broccoli <b>10</b>   | <b>BREAKFAST</b><br>Blueberry Bagel/Cream Cheese<br><br><b>LUNCH</b><br>Chicken Pasta Alfredo<br>Panada Pie (VG)<br>Cucumber w/ Ranch <b>11</b>   | <b>BREAKFAST</b><br>Cinnamon Chex/Zac Attack Strawberry Bar (DF)<br><br><b>LUNCH</b><br>Spaghetti Meatballs (DF)<br>Cheese Lasagna (VG)<br>Corn <b>12</b> | <b>BREAKFAST</b><br>Mini Dipperdoodle Bar/String Cheese<br><br><b>LUNCH</b><br>Chicken Potstickers w/Rice (DF)<br>Cheese Pizza (VG)<br>Black Beans <b>13</b>               |
| <b>BREAKFAST</b><br>Yogurt/Granola<br><br><b>LUNCH</b><br>Oven Roasted Chicken Sandwich (DF)<br>Bean Cheese Pupusa (VG)<br>Diced Carrots <b>16</b>                                   | <b>BREAKFAST</b><br>Blueberry Muffin<br><br><b>LUNCH</b><br>Scoops w/ Chicken & Green Chile Cheese Dip<br>Italian "Sausage" Calzoni (VG)<br>Chicken Teriyaki (DF)<br>Chili Citrus Corn <b>17</b> | <b>BREAKFAST</b><br>Cinnamon Chex Cereal/ Zac Attack Strawberry Bar (DF)<br><br><b>LUNCH</b><br>Jerk Drumstick w/Pineapple Carrot Rice (DF)<br>Cheese Ravioli (VG)<br>Black Beans <b>18</b> | <b>BREAKFAST</b><br>Plain Bagel/ Cream Cheese<br><br><b>LUNCH</b><br>Pepper Jack Cheeseburger Cheese<br>Cheese Pizza (VG)<br>Lettuce w/ Ranch <b>19</b>   | <b>BREAKFAST</b><br>Cheerios Cereal/ Mini Dipperdoodle Bar (DF)<br><br><b>LUNCH</b><br>Spicy Chicken and Cheese Eggel Sandwich<br>Pasta Alfredo (VG)<br>Cucumber <b>20</b> |
| <b>BREAKFAST</b><br>Zac Omega Blackberry Bar (DF)<br><br><b>LUNCH</b><br>Pancakes w/ Sausage<br>Cheese Lasagna (VG)<br>Chicken Tac Trio<br>Corn <b>23</b>                            | <b>BREAKFAST</b><br>Blueberry Bagel/ Cream Cheese (DF)<br><br><b>LUNCH</b><br>Tomato Curry w/Grilled Chicken<br>Baked Mac Cheese & BBQ Beans (VG)<br>Broccoli <b>24</b>                          | <b>BREAKFAST</b><br>Yogurt/ Honey Grahams<br><br><b>LUNCH</b><br>Hot Dog (DF)<br>Cheese Pizza (VG)<br>Cucumber w/ Ranch <b>25</b>   | <b>BREAKFAST</b><br>French Toast Muffin<br><br><b>LUNCH</b><br>Chicken Pasta Alfredo<br>Cheese Enchiladas (VG)<br>Diced Carrots <b>26</b>                 | <b>BREAKFAST</b><br>Mini Dipperdoodle Bar/ String Cheese<br><br><b>LUNCH</b><br>Chicken Tamale<br>Rainbow Veggie Pizza (VG)<br>Pinto Beans <b>27</b>                       |
| <b>BREAKFAST</b><br>Cheerios Cereal/ Mini Dipperdoodle Bar (DF)<br><br><b>LUNCH</b><br>Chicken Sausage & Cheddar Eggel Sandwich<br>Cheese Enchiladas (VG)<br>Diced Carrots <b>30</b> | <b>BREAKFAST</b><br>Plain Bagel/ Cream Cheese<br><br><b>LUNCH</b><br>BBQ Chicken Drumstick w/ Cheesy Rice<br>Rainbow Veggie Pizza (VG)<br>Black Beans <b>31</b>                                  |   |   |  |

### Quiz Time!

**Q: Which has more Vitamin C – a red bell pepper or an orange?**



**A: Contrary to popular belief, a pepper actually has more Vitamin C (152 mg) than an orange (70mg)!**

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

*This institution is an equal opportunity provider.*