



# PRE-K



## LAMESA • PRE-K • March 18 – May 23

Menu is subject to change without notice and is based on availability and seasonality of food items. *Breakfast items are listed in orange italics.* When Cereal Bowl appears on the menu, Pre-K will be served Cinnamon Toast Crunch. Lunch entrée choices are listed below in bold type. Sides are listed in italics below the calendar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Blueberry Muffin</i> MAR 18 <i>String Cheese</i> <i>Apple Juice</i> Corn Dog • Mashed Potato Broccoli • Mixed Fruit Cup	<i>Cereal Bowl</i> MAR 19 <i>Pretzels • Fruit Juice</i> MaxSnax Cheese Pizza Kickin' Pinto Beans Baby Carrots • Diced Pears	<i>Sausage Biscuit</i> MAR 20 <i>Orange Juice</i> Chicken Alfredo Penne Pasta Golden Corn • Celery Sticks Diced Peaches	<i>Chocolate Crescent</i> MAR 21 <i>Fruit Juice</i> Beefy Nachos Refried Beans Applesauce	<i>Cereal Bowl</i> MAR 22 <i>String Cheese</i> <i>Apple Juice</i> Pizza: Pepperoni Green Beans • Banana
<i>Maple Sausage Pancake</i> MAR 25 <i>Wrap on a stick</i> <i>Fruit Juice</i> Baked Potato w/Chili & Cheese & Roll Mashed Potatoes • Fruit Cup	<i>Cereal Bowl</i> MAR 26 <i>Cheese • Apple Juice</i> MaxSnax Cheese Pizza Kickin' Pinto Beans Diced Pears	<i>Bfast Sausage Pizza</i> MAR 27 <i>Orange Juice</i> Chicken Fried Steak & Gravy • Roll Golden Corn • Diced Peaches	<i>Maple Madness Waffle</i> MAR 28 <i>Fruit Juice</i> Waffle w/Syrup & Sausage Links Refried Beans Applesauce	MAR 29 <b>SCHOOL HOLIDAY</b>
<b>Grab n Go!</b> APR 1 Breakfast & Lunch ALL STUDENTS pick-up 10A-12NOON at either Middle or High School <small>REMOTE CONTACT DAY</small>	<i>Mini Cinnamon Rolls</i> APR 2 <i>Apple Juice</i> MaxSnax Cheese Pizza Kickin' Pinto Beans Baby Carrots • Diced Pears	<i>Country Chicken Biscuit</i> APR 3 <i>Orange Juice</i> Country Popcorn Chicken & Potato Bowl w/Roll Golden Corn • Diced Peaches	<i>Mini Blueberry Waffles</i> APR 4 <i>String Cheese</i> <i>Fruit Juice</i> Nacho Cheese Doritos Top-n-Go Taco Refried Beans • Applesauce	<i>Cereal Bowl</i> APR 5 <i>Animal Crackers</i> Banana Pizza: Pepperoni Sliced Tomatoes Banana
<i>Cereal Bowl</i> APR 8 <i>Animal Crackers</i> <i>Apple Juice</i> Chicken Fried Steak Mashed Potatoes & Gravy Mixed Fruit • Roll	<i>ChocChip Chocolate</i> APR 9 <i>Muffin • String Cheese</i> <i>Fruit Juice</i> MaxSnax Cheese Pizza Green Beans Diced Pears	<i>Egg &amp; Sausage Biscuit</i> APR 10 <i>Orange Juice</i> Hamburger Kickin' Pinto Beans Sliced Tomatoes Diced Peaches	<i>Apple Frudel</i> APR 11 <i>Grapes • Fruit Juice</i> French Toast Sticks w/Syrup & Sausage Emoji Potato Rounds Applesauce	<i>Cereal Bowl</i> APR 12 <i>String Cheese • Banana</i> <i>Apple Juice</i> <b>EARLY RELEASE</b>
<i>Maple Sausage Pancake</i> APR 15 <i>Wrap on a stick</i> <i>Apple Juice</i> Mini Corn Dogs Mashed Potatoes Mixed Fruit	<i>Cereal Bowl • Grahams</i> APR 16 <i>Fruit Juice</i> MaxSnax Cheese Pizza Baby Carrots Diced Pears	<i>Breakfast Bacon Pizza</i> APR 17 <i>Orange Juice</i> Popcorn Chicken & Potato Bowl w/Roll Golden Corn • Diced Peaches	<i>Maple Madness Waffle</i> APR 18 <i>Grapes • Fruit Juice</i> Beefy Nachos Refried Beans • Applesauce Red Pepper Strips	<i>Cereal Bowl • Grahams</i> APR 19 <i>Apple Juice</i> Pizza: Pepperoni Green Beans Banana
<i>Blueberry Muffin</i> APR 22 <i>String Cheese</i> <i>Apple Juice</i> Corn Dog • Mashed Potato Broccoli • Mixed Fruit Cup	<i>Cereal Bowl</i> APR 23 <i>Pretzels • Fruit Juice</i> MaxSnax Cheese Pizza Kickin' Pinto Beans Baby Carrots • Diced Pears	<i>Sausage Biscuit</i> APR 24 <i>Orange Juice</i> Chicken Alfredo Penne Pasta Golden Corn • Celery Sticks Diced Peaches	<i>Chocolate Crescent</i> APR 25 <i>Fruit Juice</i> Beefy Nachos Refried Beans Applesauce	<i>Cereal Bowl</i> APR 26 <i>String Cheese</i> <i>Apple Juice</i> <b>EARLY RELEASE</b>
<b>Grab n Go!</b> APR 29 Breakfast & Lunch ALL STUDENTS pick-up 10A-12NOON at either Middle or High School <small>REMOTE CONTACT DAY</small>	<i>Cereal Bowl</i> APR 30 <i>Cheese • Apple Juice</i> MaxSnax Cheese Pizza Kickin' Pinto Beans Diced Pears	<i>Bfast Sausage Pizza</i> MAY 1 <i>Orange Juice</i> Chicken Fried Steak & Gravy • Roll Golden Corn • Diced Peaches	<i>Maple Madness Waffle</i> MAY 2 <i>Fruit Juice</i> Waffle w/Syrup & Sausage Links Refried Beans Applesauce	<i>Cereal Bowl</i> MAY 3 <i>String Cheese</i> <i>Apple Juice</i> Pizza: BigDaddy Cheese Green Beans • Banana <small>National School Lunch Hero Day!</small>
<i>Cereal Bowl</i> MAY 6 <i>String Cheese • Fruit Juice</i> Chicken Nuggets & Roll Mashed Potatoes Mixed Fruit Cup	<i>Mini Cinnamon Rolls</i> MAY 7 <i>Apple Juice</i> MaxSnax Cheese Pizza Kickin' Pinto Beans Baby Carrots • Diced Pears	<i>Country Chicken Biscuit</i> MAY 8 <i>Orange Juice</i> Country Popcorn Chicken & Potato Bowl w/Roll Golden Corn • Diced Peaches	<i>Mini Blueberry Waffles</i> MAY 9 <i>String Cheese</i> <i>Fruit Juice</i> Nacho Cheese Doritos Top-n-Go Taco Refried Beans • Applesauce	<i>Cereal Bowl</i> MAY 10 <i>Animal Crackers</i> Banana Pizza: Pepperoni Sliced Tomatoes Banana
<i>Cereal Bowl</i> MAY 13 <i>Animal Crackers</i> <i>Apple Juice</i> Chicken Fried Steak Mashed Potatoes & Gravy Mixed Fruit • Roll	<i>ChocChip Chocolate</i> MAY 14 <i>Muffin • String Cheese</i> <i>Fruit Juice</i> MaxSnax Cheese Pizza Green Beans Diced Pears	<i>Egg &amp; Sausage Biscuit</i> MAY 15 <i>Orange Juice</i> Hamburger Kickin' Pinto Beans Sliced Tomatoes Diced Peaches	<i>Apple Frudel</i> MAY 16 <i>Grapes • Fruit Juice</i> French Toast Sticks w/Syrup & Sausage Emoji Potato Rounds Applesauce	<i>Cereal Bowl</i> MAY 17 <i>String Cheese • Banana</i> <i>Apple Juice</i> Pizza: Pepperoni Golden Corn • Banana
<i>Maple Sausage Pancake</i> MAY 20 <i>Wrap on a stick</i> <i>Apple Juice</i> Manager's Choice	<i>Cereal Bowl • Grahams</i> MAY 21 <i>Fruit Juice</i> Manager's Choice	<i>Breakfast Bacon Pizza</i> MAY 22 <i>Orange Juice</i> Manager's Choice <b>EARLY RELEASE</b>	<i>Maple Madness Waffle</i> MAY 23 <i>Grapes • Fruit Juice</i> Manager's Choice <b>EARLY RELEASE</b>	<b>SUMMER SCHOOL:</b> May 29-June 24 Breakfast & Lunch for all students in school; available for all students/kids under the age of 18—more details in MAY.

### LAMESA ISD 2023/2024

#### BREAKFAST

Student *estudiantes* ..... no charge

Faculty *facultad* ..... \$3.25

#### LUNCH

Student *estudiantes* ..... no charge

Faculty *facultad* ..... \$5.00

Check out the Daily Special for the Faculty/Staff

A la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.



#### EVERYDAY SIDES

(available seasonally, items rotate each day)

- Apple • Applesauce • Baby Carrots
- Banana • Broccoli fresh/steamed
- Celery Sticks • Diced Peaches
- Diced Pears • Emoji Potato Rounds
- Golden Corn • Green Beans
- Kickin' Pinto Beans • Mashed Potatoes • Mixed Fruit • Pear
- Red Pepper Strips
- Refried Beans • Romaine Side
- Salad • Sliced Tomatoes
- Juices: Apple, Fruit Juice, Orange

**MILK** Skim Chocolate Milk  
1% White Milk



THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

