

OCTOBER 2023

PRE K MENU

This menu is subject to change without notice.
 This institute is an equal opportunity employer.
 Questions? Contact the Food Service Office at 607-659-7227

Daily Option: PBJ

Monday

Breakfast Sandwich **2**
 (egg, cheese, sausage)
 ¼ cup sliced carrots
 ¼ cup applesauce
 1 white milk



9
 Columbus Day

Hot dog on a bun **16**
 ¼ cup fresh baby carrots
 ¼ cup applesauce
 1 white milk

Meatball sub **23**
 (3 meatballs)
 1 ½ oz shred mozzarella cheese
 ¼ cup sliced carrots
 1 white milk

4 chicken nuggets **30**
 ¼ cup fresh baby carrots
 ¼ cup applesauce
 1 white milk

Tuesday

¼ c taco meat **3**
 1 bag doritos
 ¼ cup corn
 ¼ cup fresh strawberries
 1 white milk

2 french toast sticks **10**
 1 breakfast sausage
 ¼ cup tator tots
 ¼ cup canned pears
 1 white milk

1 6-inch wrap **17**
 1 ½ oz turkey slices
 ¼ cup golden sweet corn
 ½ fresh apple cut in slices
 1 white milk

¼ cup taco meat **24**
 1 oz tortilla chips
 ¼ cup sweet corn
 ¼ cup cubed melon
 1 white milk

¼ c taco meat **31**
 1 bag doritos
 ¼ cup corn
 ¼ cup fresh strawberries
 1 white milk

Wednesday

1 6-inch wrap **4**
 1 ½ oz turkey slices
 ¼ cup cucumber slices
 ¼ cup cinnamon applesauce jello
 1 white milk

4 chicken nuggets **11**
 ¼ cup green beans
 ¼ cup cubed melon
 1 white milk

6 oz vanilla yogurt cup **18**
 ¼ cup fresh strawberries
 ¼ cup cucumber slices
 1 white milk

1 ½ oz sesame chicken **25**
 ¼ cup brown rice
 ¼ broccoli
 ¼ cup grapes
 1 white milk

Thursday

1 toasted cheese sandwich **5**
 6 oz tomato soup
 1 white milk

1 cup macaroni & cheese **12**
 ¼ cup green beans
 1 dinner roll w/butter pat
 1 white milk

1 cup chicken alfredo **19**
 ¼ cup broccoli
 ¼ cup grapes
 1 white milk

5 oz ladle chicken / gravy **26**
 1 biscuit
 ¼ cup mashed potatoes
 ¼ cup fruit crisp
 1 white milk

Friday

3 strips of garlic pizza **6**
 2 oz marinara sauce
 ¼ cup fresh baby carrots
 ¼ cup peaches
 1 white milk

1 hamburger on a roll **13**
 ¼ cup sweet potato fries
 ½ fresh apple, sliced
 1 white milk

20
 Superintendent's Conference Day
 NO SCHOOL

1 english muffin pizza **27**
 ¼ cup fresh baby carrots
 ¼ cup French fries
 1 white milk

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com



BREAKFAST:

Monday – half bagel w/cream cheese Tuesday – UBR Wednesday – 2 French Toast Sticks Thursday – half bagel w/cream cheese
 Friday – Cereal w/Cinnamon Goldfish Cracker **EVERY MORNING – 100% JUICE AND WHITE MILK**