

# The Westbrook School Department

## Congin Pre K Menu

March 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1 Dr. Seuss's Birthday!</b> <b>WG Cereal</b> Fresh Fruit Milk
4	5	6	7	8
<b>FUEL UP DURING NATIONAL SCHOOL BREAKFAST WEEK March 4-8th</b>				
<b>WG Cereal</b> Fresh Fruit Milk	<b>Yogurt</b> <b>Graham Crackers</b> Fruit of the Day Milk	<b>WG Cereal</b> Fresh Fruit Milk	<b>WG Bagel &amp; Cream Cheese</b> Fresh Fruit Milk	<b>WG Cereal</b> Fresh Fruit Milk
<b>Maine Fish Sticks</b> Mashed Potatoes Sweet Green Peas Fruit of the Day Choice of Milk	<b>Chicken Patty on WG Roll</b> Vegetarian Baked Beans Fruit of the Day Choice of Milk	<b>Homemade Mac &amp; Cheese</b> WG Garlic Bread Honey-glazed Carrots Fruit of the Day Choice of Milk	<b>Tater Tot Nachos (Totchos)</b> <b>w/Maine Beef</b> Seasoned Brown Rice Fruit of the Day Choice of Milk	<b>WG Cheese Pizza</b> Red Pepper Strips w/Ranch Fruit of the Day Choice of Milk 

11	12	13	14	15
<b>WG Cereal</b> Fresh Fruit Milk	<b>Yogurt</b> <b>Graham Crackers</b> Fruit of the Day Milk	<b>WG Cereal</b> Fresh Fruit Milk	<b>WG Bagel &amp; Cream Cheese</b> Fresh Fruit Milk	No School
<b>Baked Ziti w/Cheese &amp; Marinara Sauce</b> WG Garlic Knot Green Beans Fruit of the Day Choice of Milk	<b>Chicken Nuggets</b> Sweet Potato Fries Coleslaw Fruit of the Day Choice of Milk	<b>Beef Hot Dog on WG Roll</b> Vegetarian Baked Beans Fruit of the Day Choice of Milk	<b>Breakfast for Lunch</b> <b>WG Cinnamon Roll &amp; Egg Patty</b> Chicken Sausage Patty Home Fries Fruit of the Day Choice of Milk	No School  Professional Development Day
18	19	20	21	22
<b>WG Cereal</b> Fresh Fruit Milk	<b>Yogurt</b> <b>Graham Crackers</b> Fruit of the Day Milk	<b>WG Cereal</b> Fresh Fruit Milk	<b>WG Bagel &amp; Cream Cheese</b> Fresh Fruit Milk	<b>WG Cereal</b> Fresh Fruit Milk
<b>Mandarin Chicken Bowl</b> Seasoned Brown Rice Vegetable Medley Fruit of the Day Choice of Milk	<b>Pasta w/Meat Sauce</b> Crusty Italian Bread Caesar Salad w/Garbanzos Beans Fruit of the Day Choice of Milk	<b>South of the Border Nachos</b> Cheese Sauce Salsa & LF Sour Cream Sweet Kernel Corn Fruit of the Day Choice of Milk 	<b>BBQ Chicken Strips w/ Cheese on WG Roll</b> Broccoli Salad Fruit of the Day Choice of Milk	<b>WG Cheese Pizza</b> Baby Carrots w/ Ranch Fruit of the Day Choice of Milk
25	26	27	28	29
<b>WG Cereal</b> Fresh Fruit Milk	<b>Yogurt</b> <b>Graham Crackers</b> Fruit of the Day Milk	<b>WG Cereal</b> Fresh Fruit Milk	<b>WG Bagel &amp; Cream Cheese</b> Fresh Fruit Milk	<b>WG Cereal</b> Fresh Fruit Milk
<b>Cheese Burger on WG Roll</b> Oven Baked Fries Vegetarian Baked Beans Fruit of the Day Choice of Milk	<b>WG Pretzel w/Cheese Sauce</b> Baby Carrots w/Ranch Dip Fruit of the Day Choice of Milk	<b>Breaded Chicken Drumstick</b> Brown Rice Medley Steamed Broccoli Fruit of the Day Choice of Milk	<b>Sliced Turkey &amp; Cheese on WG Roll</b> Sweet Crisp Corn Fruit of the Day Choice of Milk	<b>WG Cheesy Bites with Marinara Sauce</b> Green Beans Fruit of the Day Choice of Milk

Menu subject to change. This institution is an equal opportunity provider. WG=Whole Grain

Any questions or concerns please Mary Emerson at 591-6054 or email [emersonm@westbrookschoools.org](mailto:emersonm@westbrookschoools.org)

Maine's Harvest of the Month is Maine Protein!

All Meals at No Charge for Students - Breakfast \$2.25/Lunch \$4.75 for Adults