



P-K Breakfast & Lunch Menu

April 2019

1 Cheerios 1/3c Mixed Fruit 1/2c Milk 1% <hr/> Chicken Nuggets (4) Steamed Carrots 1/4c Pears 1/4c Milk 1%	2 Cereal 1/3c Mix Fruit 1/2c Milk 1% <hr/> Cheeseburger 1/2 Stm. Broccoli 1/4c Pears 1/4c Milk 1%	3 SM Biscuit w/Jelly Peaches ½ c Milk 1% <hr/> Meatloaf w/ Gravy Breadstick 1/2 M. Pot 1/4c Mandarin Orange 1/4c Milk 1%	4 Banana Muffin 1/2 Peaches 1/2c Milk 1% <hr/> Cheese Pizza Broccoli 1/4c Mixed Fruit 1/4c Milk 1%	5 No School
8 Cereal 1/3c Pears 1/2c Milk 1% <hr/> Ravioli (6) Corn 1/4c Fresh Orange 1/2 Milk 1%	9 Cheerios 1/3c Mixed Fruit 1/2c Milk 1% <hr/> Chicken Nuggets (4) Steamed Carrots 1/4c Pears 1/4c Milk 1%	10 Breakfast Pizza 1/2 Applesauce 1/2c Milk 1% <hr/> Pasta 1/4c w/ Meat Sauce Green Beans 1/4c Peaches 1/4c Milk 1%	11 Rice Krispies 1/3c Banana Milk 1% <hr/> Ham & Cheese Deli Carrots 1/4c Applesauce 1/4c Milk 1%	12 Cinnamon Biscuit 1/2 Mix Fruit 1/2c Milk 1% <hr/> Soft Taco (1) Lettuce 1/4c Pears 1/4c Milk 1%
15 Blueberry Muffin 1/2 Pears 1/2c Milk 1% <hr/> Salisbury steak Mashed Potato 1/4c Gravy 1T Mixed Fruit 1/4c Milk 1%	16 Cereal 1/3c Mix Fruit 1/2c Milk 1% <hr/> Cheeseburger 1/2 Stm. Broccoli 1/4c Pears 1/4c Milk 1%	17 Breakfast Pizza 1/2 Applesauce 1/2c Milk 1% <hr/> BBQ Rib 1/2 Steamed Carrots 1/4c Peaches 1/4c Milk 1%	18 Bagel ½ w jelly Banana Milk 1% <hr/> Turkey & Cheese Sub 1/2 Pea's 1/4c Applesauce 1/4c Milk 1%	19 No School
22 No School	23 Cinnamon Biscuit 1/2 Mix Fruit 1/2c Milk 1% <hr/> Ravioli (6) Green Beans 1/4c Pears 1/4c Milk 1%	24 Apple Bar 1/2 Applesauce 1/2c Milk 1% <hr/> Fish Sticks (3) Pea's 1/4c Peaches 1/4c Milk 1%	25 Rice Krispies 1/3c Banana Milk 1% <hr/> Ham & Cheese Deli Carrots 1/4c Applesauce 1/4c Milk 1%	26 Cereal 1/3c Pears 1/2c Milk 1% <hr/> Chicken Nuggets (4) Corn 1/4c Fresh Orange 1/2 Milk 1%
29 Cereal 1/3c Pears 1/2c Milk 1% <hr/> Chicken Nuggets (4) Corn 1/4c Fresh Orange 1/2 Milk 1%	30 Apple Muffin 1/2 Mixed Fruit 1/2c Milk 1% <hr/> Hamburger ½ Green Beans 1/4c Pears 1/4c Milk 1%	1 Mini Strawberry Bagel 1/2 Peaches 1/2c Milk 1% <hr/> Chicken Slider 1/2 Pea's 1/4c Applesauce 1/4c Milk 1%	2 Cereal 1/3c Pears 1/2c Milk 1% <hr/> Beef Tenderloins (3) Corn 1/4c Applesauce 1/4c Milk 1%	3 Biscuit ½ w/ Jelly Mix Fruit 1/2c Milk 1% <hr/> Soft Taco (1) Lettuce 1/4c Pears 1/4c Milk 1%

All Breads are Whole Grain

SW = Sandwich

All Ham Served is Turkey Ham

Menu Subject to Change