

Harvest Pre-K Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Entrée • Fluffy Pancakes w/ Sausage Patty Fruit • Fresh Apple Milk • 1% Low Fat White Milk Local Misc • Maple Syrup Cup Lunch Entrée • Chicken Tenders w/Roll Vegetables • Steamed Baby Carrots Fruit • Mandarin Oranges Milk • 1% Low Fat White Milk Local	2 Breakfast Entrée • Cheesy Egg Breakfast Burrito Fruit • Fresh Orange Milk • 1% Low Fat White Milk Local Lunch Entrée • Mozzarella Cheese Quesadilla Vegetables • Classic Refried Beans Fruit • Diced Pears Milk • 1% Low Fat White Milk Local	3 Breakfast Entrée • Fluffy Jumbo Waffles w/ Turkey Sausage Fruit • Fresh Apple Milk • 1% Low Fat White Milk Local Lunch Entrée • Hot Dog (Pork-Free) Vegetables • Seasoned Curly Fries Fruit • Sweet Diced Peaches Milk • 1% Low Fat White Milk Local	4 Breakfast Entrée • Pineapple Parfait w/ Graham Crackers Fruit • Fresh Banana Milk • 1% Low Fat White Milk Local Lunch Entrée • Beefy Macaroni Marinara w/ Roll Vegetables • Seasoned Crispy Sweet Potato Fries Fruit • Unsweetened Applesauce Milk • 1% Low Fat White Milk Local	5 Breakfast Entrée • Spicy Scrambled Egg Chorizo w/ Tortilla Fruit • Fresh Orange Milk • 1% Low Fat White Milk Local Lunch Entrée • Classic Pepperoni Pizza Vegetables • Steamed Broccoli Fruit • Diced Pears Milk • 1% Low Fat White Milk Local
8 Breakfast Entrée • Chilaquiles Fruit • Fresh Orange Milk • 1% Low Fat White Milk Local Lunch Entrée • Chicken Teriyaki w/Rice Vegetables • Steamed Broccoli Fruit • Sweet Diced Peaches Milk • 1% Low Fat White Milk Local	9 Breakfast Entrée • Colby Cheese Omelet Fruit • Fresh Apple Milk • 1% Low Fat White Milk Local Lunch Entrée • Crispy Beef Tacos w/Spanish Rice Vegetables • Classic Refried Beans Fruit • Unsweetened Applesauce Milk • 1% Low Fat White Milk Local	10 Breakfast Entrée • Strawberry Smoothie Fruit • Fresh Banana Milk • 1% Low Fat White Milk Local Lunch Entrée • Cheesy Spaghetti Pomodoro w/ Roll Vegetables • Seasoned Peas & Carrots Fruit • Juicy Pineapple Tidbits Milk • 1% Low Fat White Milk Local	11 Breakfast Entrée • French Toast Sticks w/ Turkey Sausage Fruit • Fresh Orange Milk • 1% Low Fat White Milk Local Lunch Entrée • Cheesy Chicken Burrito Vegetables • Seasoned Curly Fries Fruit • Cinnamon Spiced Apples Milk • 1% Low Fat White Milk Local	12 Breakfast Entrée • Egg & Cheese Biscuit Sandwich Fruit • Fresh Banana Milk • 1% Low Fat White Milk Local Lunch Entrée • Grilled Cheeseburger Vegetables • Seasoned Crispy Sweet Potato Fries Fruit • Diced Pears Milk • 1% Low Fat White Milk Local

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Breakfast Entrée
• **Savory Breakfast on a Stick**
Fruit
• Fresh Apple
Milk
• 1% Low Fat White Milk Local
Lunch Entrée
• **Creamy Macaroni & Cheese**
Vegetables
• Seasoned Curly Fries
Fruit
• Mandarin Oranges
Milk
• 1% Low Fat White Milk Local

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Breakfast Entrée
• **Peach Parfait w/ Graham Crackers**
Fruit
• Fresh Orange
Milk
• 1% Low Fat White Milk Local
Lunch Entrée
• **Sunbutter & Jelly Sandwich w/ String Cheese**
Vegetables
• Classic Refried Beans
Fruit
• Diced Pears
Milk
• 1% Low Fat White Milk Local

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Breakfast Entrée
• **Homemade Apple Pancakes**
Fruit
• Fresh Apple
Milk
• 1% Low Fat White Milk Local
Misc
• Maple Syrup Cup
Lunch Entrée
• **Homemade Bean & Cheese Burrito**
Vegetables
• Steamed Baby Carrots
Fruit
• Sweet Diced Peaches
Milk
• 1% Low Fat White Milk Local

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Breakfast Entrée
• **Bacon, Egg & Cheese Breakfast Tacos**
Fruit
• Fresh Banana
Milk
• 1% Low Fat White Milk Local
Lunch Entrée
• **Cheesy Turkey Melt**
Vegetables
• Crispy Tater Tots
Fruit
• Unsweetened Applesauce
Milk
• 1% Low Fat White Milk Local

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Breakfast Entrée
• **Iced Cinnamon Roll w/ Sausage Patty**
Fruit
• Fresh Orange
Milk
• 1% Low Fat White Milk Local

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This institution is an equal opportunity provider