



Cyclone Pre K Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				No School 1
Breakfast: Cereal, milk, juice Macaroni and Cheese made with **NY Sharp Cheddar Green Beans Fruit Cocktail 4	Breakfast: Fruit Cup, Egg and Cheese on Bun, and milk Chicken Tenders Baked Beans Applesauce 5	Breakfast: Banana, cereal and milk Early Dismissal 6	Breakfast: Craisin, Pancakes and milk Early Dismissal 7	Breakfast: Cereal, milk, juice Cheese Ravioli with Meat Sauce Maple glazed carrots Diced Pears 8
Veterans Day No School 11	Breakfast: Cereal, milk and juice Mini Corn Dogs French Fries Baby Carrots Diced Pears 12	Breakfast: Bananas, cereal and milk Chicken Patty on a Roll Sweet Potato Fry Fruit Cocktail 13	Breakfast: Cereal, milk and juice Pizza Wedge Garden Salad with Fresh Vegetables Peaches DOMINOS: NORTH/STARBUCK 14	Breakfast: Fruit Cup, cereal and milk Pasta with Meatballs Green Beans Whole Wheat Dinner Roll Apple 15
Breakfast: Cereal, milk, juice Pizza Dunkers 3 Bean Salad Marinara Dipping Sauce Applesauce 18	Breakfast: Fruit Cup, string cheese, milk Tacos with Nacho Chips Refried Beans Lettuce and Cheese Cup Diced Pears 19	Breakfast: Bananas, cereal and milk Individual Pan Pizza Garden Salad with Fresh Vegetables Peaches DOMINOS: WILEY/OHIO 20	Breakfast: Craisins, Mini Strawberry Pancake and milk Roast Turkey with Stuffing Mashed Potato and Corn Dinner Roll Apple Ice cream Treat 22	Breakfast: Cereal, milk and juice Hot Dog on Roll Tater Tots Orange Wedges 22
Breakfast: Cereal, Milk, Juice Cheeseburger on Roll Baked Beans Fruit Cup 25	Breakfast: Cereal, milk, and juice Popcorn Chicken Bowl with Mashed Potatoes Diced Pears 26	No School Enjoy	No School Thanksgiving	No School Recess

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER Milk available daily: Fat free, 1% and Fat free chocolate Menu subject to change without notice
Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

Make every Forkful Count:
Healthy Celebrations, Lasting Memories:

Create Fun Food: Use cookie cutters to make theme shapes in food	Get Moving: Plan activities too such as outdoor games	Get Colorful: Choose Fruits or Veggies with color that fit the season	Go Simple with Drinks: Water and Low Calorie Drinks are best; Choose Colored Cups	Decorate Together: Create Centerpieces, placemats, or garlands to decorate your table
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