



Questions about
Nutrition
Services Please call:
303-853-7929

October 2018

Pre-school: Full Day STARS



Menuitems subject to change based on availability.
This institution is an equal opportunity employer

Monday

Tuesday

Wednesday

Thursday

Friday

1

Breakfast:
Mini Waffles, Applesauce, Juice, Milk

Lunch: Grilled Cheese, Black Bean Soup, Grapes, Milk

Snack: Fruit Cocktail & Crackers

2

Breakfast:
English Muffin & Jam, Fruit Cup, Juice, Milk

Lunch: Chicken Tenders, Apples, Corn, Milk

Snack: Grapes & Cheesestick

3

Breakfast:
Yogurt, Granola, Apple Slices, Juice, Milk

Lunch: Cheese/ Pepperoni Pizza, Fruit Cocktail, Cucumber slices, Milk

Snack: Corn Tortilla Chips & Bean Dip

4

Breakfast:
Frudel, Orange, Juice, Milk

Lunch: Sliced Beef Mashed Potato Bowl
Kiwi, Grape tomatoes, Milk

Snack: Cucumbers & Cheesy Crackers

5

Breakfast:
Cereal, Orange, Apple Slices, Milk

Lunch: Hot Dog, Fries, Melon, Milk

Snack: Turkey Ham & Cheese Roll-up

8

Breakfast:
English Muffin & Jam, Applesauce, Juice, Milk

Lunch: Mac & Cheese, Grapes, Broccoli, Milk

Snack: Yogurt & Graham

9

Breakfast:
Muffin Top, Orange, Juice, Milk

Lunch: Soft Beef Tacos, Corn, Canned Peaches, Milk

Snack: Apple & Cheese stick

10

Breakfast:
Yogurt, Granola, Applesauce, Juice, Milk

Lunch: Cheese/ Pepperoni Pizza, Peas, Orange Slices, Milk

Snack: Green Peppers & Soft Pretzel

11

Breakfast:
Bagel & Cream Cheese, Apple Slice, Juice, Milk

Lunch: Pasta Bake, Green Peppers, Kiwi

Snack: Popcorn & Craisins

12

NO SCHOOL

15

No school

16

FALL

17

BREAK

18

!!!

19

No school

22

Breakfast:
Mini Waffles, Applesauce, Juice, Milk

Lunch: Cheese Omelet, French toast, Cucumber Slices, Grapes, Milk

Snack: Yogurt & Graham

23

Breakfast:
English Muffin & Jam, Orange or Juice, Milk

Lunch: Beef Tacos, Corn, Apples, Milk

Snack: Apple & Cheesestick

24

Breakfast:
Yogurt, Granola, Applesauce, Juice, Milk

Lunch: Cheese/Pepperoni Pizza, Celery Sticks, Orange Slices, Milk

Snack: Green Pepper & Soft Pretzel

25

Breakfast:
Frudel, Orange or Juice, Milk

Lunch: Cheeseburger, Carrot Sticks, Canned Pineapple, Milk

Snack: Popcorn & Craisins

26

Breakfast:
Cereal, Apple slices, Oranges, Milk

Lunch: Cheesy Breadstick, Marinara Sauce, Broccoli, Melon, Milk

Snack: Turkey/Ham & Cheese roll-up

29

Breakfast:
English Muffin & Jam, Applesauce, Juice, Milk

Lunch: Grilled Cheese, Black Bean Soup, Grapes, Milk

Snack: Fruit Cocktail & Crackers

30

Breakfast:
Muffin Top, Orange or Juice, Milk

Lunch: Chicken Tenders Corn, Canned Peaches, Milk

Snack: Grapes & Cheese stick

31

Breakfast:
Bagel & Cream Cheese, Applesauce, Juice, Milk

Lunch: Cheese/Pepperoni Pizza, Celery Sticks, Orange Slices, Milk

Snack: Corn Tortilla Chips & Bean Dip

November 1

Breakfast:
Frudel, Orange, Juice, Milk

Lunch: Sliced Beef Mashed Potato Bowl
Kiwi, Grape tomatoes, Milk

Snack: Cucumbers & Cheesy Crackers

November 2

Breakfast:
Cereal, Orange, Apple Slices, Milk

Lunch: Hot Dog, Fries, Melon, Milk

Snack: Turkey Ham & Cheese Roll-up