



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

# November 2018

Pre-school: Full Day STARS



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

## Monday


## Tuesday


## Wednesday


## Thursday

<b>1</b>
<b>Breakfast:</b> Yogurt, Granola, Oranges, Bananas, Milk
<b>Lunch:</b> Sliced Beef Mashed Potato Bowl Kiwi, Grape tomatoes, Milk
<b>Snack:</b> Cheese Crackers & Cucumbers

## Friday

<b>2</b>
<b>Breakfast:</b> Bagel & Cream Cheese, Orange, Apple Slices, Milk
<b>Lunch:</b> Hot Dog, Fries, Melon, Milk
<b>Snack:</b> Cereal & Milk

<b>5</b>
<b>Breakfast:</b> Mini French Toast, Applesauce, Juice, Milk
<b>Lunch:</b> Chicken Nuggets, Grapes, Mini Carrots, Milk
<b>Snack:</b> Yogurt & Graham

<b>6</b>
<b>Breakfast:</b> English Muffin & Jam, Oranges, Bananas, Milk
<b>Lunch:</b> Hamburger, Apple Slices, Green Bell Peppers, Milk
<b>Snack:</b> Apple & Cheese stick

<b>7</b>
<b>Breakfast:</b> Cereal, Apple Slices, Juice, Milk
<b>Lunch:</b> Cheese Pizza, Fruit Cocktail, Cucumber slices, Milk
<b>Snack:</b> Green Peppers & Pretzel Rods

<b>8</b>
<b>Breakfast:</b> Yogurt, Granola, Oranges, Bananas, Milk
<b>Lunch:</b> Spaghetti & Meatballs, Kiwi, Broccoli, Milk
<b>Snack:</b> Popcorn & Fruit Cup

<b>9</b>
<b>Breakfast:</b> Muffin Top, Orange, Apple Slices, Milk
<b>Lunch:</b> Grilled Cheese Sandwich w/ Green Chile, Fruit Cocktail, Celery
<b>Snack:</b> Mini Cinni Roll & Milk

<b>12</b>
<b><u>NO SCHOOL!</u></b>

<b>13</b>
<b>Breakfast:</b> Muffin Top, Oranges, Bananas, Milk
<b>Lunch:</b> Cheese Ravioli, Breadstick, Apple Slices, Broccoli, Milk
<b>Snack:</b> Grapes & Cheese stick

<b>14</b>
<b>Breakfast:</b> Cereal, Apple Slices, Juice, Milk
<b>Lunch:</b> Turkey Meal – Turkey, Mashed Potato, Breadstick, Cinnamon Peaches, Milk
<b>Snack:</b> Corn Chips & Bean Dip

<b>15</b>
<b>Breakfast:</b> Yogurt, Granola, Oranges, Bananas, Milk
<b>Lunch:</b> Orange Chicken w/ Fried Rice, Corn, Canned Peaches, Milk
<b>Snack:</b> Cheese Crackers & Cucumbers

<b>16</b>
<b>Breakfast:</b> Bagel & Cream Cheese, Orange, Apple Slices, Milk
<b>Lunch:</b> Bean & Cheese Burrito, Mini Carrots, Melon
<b>Snack:</b> Cereal & Milk

<b>19</b>
<b>Breakfast:</b> Mini French Toast, Applesauce, Juice, Milk
<b>Lunch:</b> Chicken Tenders w/ Mashed Potatoes, Green Beans, Canned
<b>Snack:</b> Yogurt & Graham

<b>20</b>
<b>Breakfast:</b> English Muffin & Jam, Oranges, Bananas, Milk
<b>Lunch:</b> Quesadilla, Green Bell Peppers, Canned Pears, Milk
<b>Snack:</b> Apples & Cheese stick

<b>21</b>
<b><u>NO SCHOOL!</u></b>

<b>22</b>
<b><u>NO SCHOOL!</u></b>

<b>23</b>
<b><u>NO SCHOOL!</u></b>

<b>26</b>
<b>Breakfast:</b> Mini Waffles, Applesauce, Juice, Milk
<b>Lunch:</b> Chicken Alfredo Bake, Green Beans, Canned Apricots, Milk
<b>Snack:</b> Fruit Cocktail & Graham

<b>27</b>
<b>Breakfast:</b> Muffin Top, Oranges, Bananas, Milk
<b>Lunch:</b> Popcorn Chicken Meal w/ Breadstick, Coleslaw, Apple Slices, Milk
<b>Snack:</b> Grapes & Cheese stick

<b>28</b>
<b>Breakfast:</b> Cereal, Applesauce, Juice, Milk
<b>Lunch:</b> Cheese Pizza, Celery Sticks, Orange Slices, Milk
<b>Snack:</b> Corn Chips & Bean Dip

<b>29</b>
<b>Breakfast:</b> Yogurt, Granola, Oranges, Bananas, Milk
<b>Lunch:</b> Mac & Cheese, Canned Apricot, Broccoli, Milk
<b>Snack:</b> Cheese Crackers & Cucumbers

<b>30</b>
<b>Breakfast:</b> Bagel & Cream Cheese, Apple slices, Oranges, Milk
<b>Lunch:</b> Traditional Enchilada Dinner w/ Rice and Beans, Milk
<b>Snack:</b> Mini Cinni Roll & Milk