



School Information: PREK
Teresa Hill, Manager
Choice of Milk Daily



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Turkey & Cheese Sand. **1**
Sweet Pot Fries
English
Fruit

Tuesday

Spaghetti w/Sauce **2**
Salad w/dressing
Green Beans
Garlic Breadstick
Fruit

Wednesday

Cheeseburger **3**
Oven Fries
Steamed Broccoli w/cheese
Fruit

Thursday

Chicken Fajita **4**
Stir Fry Vegetable
Yam Patties
Rice
Fruit

Friday

Hot Dog w/Bun **5**
Baked Beans
Coleslaw
Fruit

Cheeseburger **8**
Broccoli w/cheese
Pot Wedges
Fruit

Chicken & Rice **9**
Black Eyed Peas
Yam Patties
Cornbread
Fruit

Sausage Dog w/Bun **10**
Tri Tater
Baby Carrots w/Dip
Fruit

Taco w/ chip, lettuce, tom. **11**
Whole Kernel Corn
Fruit

Fish Sticks **12**
Cheese Grits
Green Beans
Fruit

BBQ Sandwich **15**
Smiley Fries
English Peas
Fruit

Chicken & Noodles **16**
Black Eyed Peas
Yam Patties
Bread Sticks
Fruit

Turkey & Cheese Sand. **17**
Seasoned Pot Wedges
Broccoli w/Cheese
Fruit

Pizza **18**
Romaine Salad w/ dressing
Whole Kernel Corn
Fruit

Sack Lunch **19**

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