



King Elementary Pre-K Menu January 2018

7 **Breakfast**
Bagel w/ Cream Cheese
100% Orange Juice

Lunch
Waffles w/ Sausage Patty
¼ Cup Tater Tots
Fresh Red Apple

Snack
Blueberry Muffin Loaf
1% White Milk

8 **Breakfast**
Grape Crescent
½ Cup Apple Slices

Lunch
Sloppy Joe on a Bun
¼ Cup Seasoned Peas
½ Cup Applesauce

Snack
Cheerios
1% White Milk

9 **Breakfast**
Sausage, Egg & Cheese
Slider
½ Cup Grapes

Lunch
Popcorn Chicken
¼ Cup Red Pepper Strips
½ Cup Diced Peaches

Snack
½ Cup Broccoli
100% Fruit Punch

10 **Breakfast**
Pancake/Tky Sausage on a Stick
100% Apple Juice

Lunch
Chicken Nuggets
¼ Cup Steamed Carrots
½ Cup Fresh Banana

Snack
½ Cup Applesauce
1% White Milk

11 **Breakfast**
Rice Chex Mix
½ Cup Apple Slices

Lunch
Turkey & Cheese Sandwich
¼ Cup Baked Beans
½ Cup Pineapple Tidbits

Snack
Cheez-Its
100% Grape Juice

14 **Breakfast**
Mini Blueberry Waffles
½ Cup Apple Slices

Lunch
Sun Butter & Jelly Sandwich (V)
¼ Cup Fresh Baby Carrots
¼ Cup Fresh Grapes

Snack
Pretzel Goldfish Crackers
100% Apple Juice

15 **Breakfast**
Cheerios Cereal
½ Cup Orange Wedges

Lunch
Macaroni & Cheese (V)
¼ Cup Fresh Broccoli
½ Cup Applesauce Cup

Snack
½ Cup Strawberry Cup
1% White Milk

16 **Breakfast**
Egg & Cheese Sandwich
Fresh Green Apple

Lunch
Chicken Tenders
¼ Cup Steamed Carrots
¼ Cup Apricot Halves

Snack
String Cheese
100% Orange Juice

17 **Breakfast**
Mini Cinnamon Bagels
100% Apple Juice

Lunch
Chicken Nuggets
¼ Cup Green Beans
Whole Banana

Snack
Raspberry Yogurt
1% White Milk

18 **Breakfast**
Chocolate Filled Crescent
½ Cup Apple Slices

Lunch
Cheese Pizza (V)
¼ Cup Steamed Broccoli
100% Grape Juice

Snack
½ Cup Grape Tomatoes
1% White Milk

BREAKFAST

Breakfast will be served in all classrooms this year from 8:10-8:25!

BREAKFAST & LUNCH

1% White Milk

21

**NO School
MLK Day**

22

NO School

23 **Ace's Birthday Bash**

Breakfast
Banana Muffin w/ String Cheese
½ Cup Apple Slices

Lunch
Sun Butter & Jelly Sandwich
¼ Cup Red Pepper Strips
½ Cup Diced Pears

Snack
Apple Cinnamon Muffin Loaf
100% Orange Juice

24 **Breakfast**
Strawberry Yogurt/Grahams
100% Apple Juice

Lunch
Chicken Nuggets
¼ Cup Celery Sticks
Fresh Banana

Snack
½ Cup Orange Wedges
1% White Milk

25 **Breakfast**
Apple Frudel
½ Cup Apple Slices

Lunch
Cheese Pizza (V)
¼ Cup Steamed Spinach
½ Cup Mixed Fruit Cup

Snack
Strawberry Yogurt
100% Fruit Punch Juice

Happy Birthday: Celebrate December Birthdays on January 23rd with a Whole Grain Rice Krispy Treat!

*= Pork Product **= Chicken Product
***=Turkey Product V= Vegetarian
B=Bread Slice 2B=Two Bread Slices

28 **Breakfast**
Mini Maple Waffles
½ Cup Orange Wedges

Lunch
Pizza Sticks w/ Marinara (V)
¼ Cup Green Beans
100% Fruit Punch Juice

Snack
Cheddar Cheese Stick
1% White Milk

29 **Breakfast**
Mini Cinni's
½ Cup Grapes

Lunch
Popcorn Chicken
¼ Cup Cherry Tomatoes
½ Cup Applesauce Cup

Snack
Fresh Red Apple
1% White Milk

30 **Breakfast**
Raspberry Yogurt w/ Grahams
Fresh Banana

Lunch
Hot Ham** & Cheese
¼ Cup Seasoned Baby Peas
½ Cup Diced Peaches

Snack
½ Cup Baby Carrots
100% Apple Juice

31 **Breakfast**
Mini Strawberry Pancakes
100% Orange Juice

Lunch
Muffin, Yogurt & Cheese Plate
¼ Cup Fresh Cucumber Slices
Fresh Banana

Snack
Rice Chex Cereal
1% White Milk

For additional Nutritional Education Materials, please visit www.usd116.org, click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!



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