

Pre-K Lunch Menu

October 2017

2

Sunbutter
Soft Baked Pretzel
Mandarin Oranges
Fresh Broccoli
Low-Fat or Skim Milk

3

Ham and Cheese
Sandwich Half
String Cheese
Diced Peaches
Red Pepper Strips
Low-Fat or Skim Milk

4

Turkey and Cheese
Sandwich Half
Applesauce
Baby Carrots
Low-Fat or Skim Milk

5

Vanilla Yogurt
Cheese Stick
Cheez-It Crackers
Diced Pears
Garbanzo Beans
Low-Fat or Skim Milk

6

No School



9

No School



10

Sunbutter and Jelly
Sandwich Half
Cheese Stick
Diced Peaches
Tossed Salad
Low-Fat or Skim Milk

11

Cheese, Ham and
Crackers
Banana
Cucumber Slices
Low-Fat or Skim Milk

12

Turkey and Cheese
Sandwich Half
Diced Pears
Garbanzo Beans
Low-Fat or Skim Milk

13

Cottage Cheese
String Cheese
Saltine Crackers
Applesauce
Baby Carrots
Low-Fat or Skim Milk

16

Turkey and Cheese
Sandwich Half
Mandarin Oranges
Fresh Broccoli
Low-Fat or Skim Milk

17

Cheese and Crackers
Diced Peaches
Red Pepper Strips
Low-Fat or Skim Milk

18

Ham, Turkey and
Cheese Sandwich Half
String Cheese
Banana
Cucumber Slices
Low-Fat or Skim Milk

19

Sunbutter Sandwich
Half
Diced Pears
Garbanzo Beans
Low-Fat or Skim Milk

20

Vanilla Yogurt
String Cheese
Saltine Crackers
Applesauce
Baby Carrots
Low-Fat or Skim Milk

23

Ham and Cheese
Sandwich Half
String Cheese
Mandarin Oranges
Fresh Broccoli
Low-Fat or Skim Milk

24

Subutter
Soft Baked Pretzel
Diced Peaches
Tossed Salad
Low-Fat or Skim Milk

25

Vanilla Yogurt
Cheese Cubes
Saltine Crackers
Banana
Cucumber Slices
Low-Fat or Skim Milk

26

Turkey and Cheese
Sandwich Half
Applesauce
Baby Carrots
Low-Fat or Skim Milk

27

No School



30

Vanilla Yogurt
String Cheese
Goldfish Crackers
Mandarin Oranges
Tossed Salad
Low-Fat or Skim Milk

31

Turkey and Cheese
Sandwich Half
Diced Peaches
Cucumber Slices
Low-Fat or Skim Milk

1

Cottage Cheese
String Cheese
Saltine Crackers
Banana
Baby Carrots
Low-Fat or Skim Milk

2

Sunbutter Sandwich
Half
Diced Pears
Garbanzo Beans
Low-Fat or Skim Milk

3

Turkey, Ham and
Cheese Sandwich Half
String Cheese
Applesauce
Fresh Broccoli
Low-Fat or Skim Milk

Prices:

Lunch Meal\$2.85
Reduced Lunch.....\$.40

Your student may be eligible for free or reduced price meals.
Check the D300 website or contact your school office for
additional details.

What Make a Meal?

Lunch meals consist of a serving of fruit, vegetable, whole grains,
meat/meat alternate and unflavored low-fate or skim milk.
Students must take all items to constitute a meal.

Visit www.mypaymentsplus.com to manage your student's meal
account. Student accounts are free and easy to register for.