



PreK Breakfast Menu August - September 2024



Vegetarian
item

Skim & 1% Lowfat Milk available for every meal

19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
Cereal & Yogurt	Strawberry Cream Cheese Mini Bagels	Chicken Biscuit Sandwich French Toast Minis	Grape Filled Crescent Roll	Chocolate Chip Waffles
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
Cereal Bars & Yogurt	Bagel & Cream Cheese	Turkey Sausage Pancake Stick Mini Bagels	French Toast Minis	WG Breakfast Bread
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	Cereal & Yogurt	Beef Sausage Biscuit Sandwich French Toast Minis	Cherry Frudel	WG Muffins
	Apple Sauce	Orange Juice	Fresh Peach	Fruit Salad Cup
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Cereal & Yogurt	Strawberry Cream Cheese Mini Bagels	Chicken Biscuit Sandwich French Toast Minis	Grape Filled Crescent Roll	Chocolate Chip Waffles
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Cereal Bars & Yogurt	Bagel & Cream Cheese	Turkey Sausage Pancake Stick Mini Bagels	French Toast Minis	WG Breakfast Bread
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Cereal & Yogurt	Mini Caramel Cinnamon Rolls	Beef Sausage Biscuit Sandwich French Toast Minis	Cherry Frudel	WG Muffins
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible.



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<p>19-Aug</p> <p>Cereal & Yogurt </p> <p>Apple Sauce Craisins</p>	<p>20-Aug</p> <p>Strawberry Cream Cheese Mini Bagels </p> <p>Banana Peach Cup</p>	<p>21-Aug</p> <p>Chicken Biscuit Sandwich</p> <p>French Toast Minis </p> <p>Orange Juice Fresh Apple</p>	<p>22-Aug</p> <p>Grape Filled Crescent Roll </p> <p>Fresh Peach Mandarin Orange Cup</p>	<p>23-Aug</p> <p>Chocolate Chip Waffles </p> <p>Fruit Salad Cup Fresh Pear</p>
<p>26-Aug</p> <p>Cereal Bars & Yogurt </p> <p>Apple Sauce Craisins</p>	<p>27-Aug</p> <p>Bagel & Cream Cheese </p> <p>Banana Peach Cup</p>	<p>28-Aug</p> <p>Turkey Sausage Pancake Stick</p> <p>Mini Bagels </p> <p>Orange Juice Fresh Apple</p>	<p>29-Aug</p> <p>French Toast Minis </p> <p>Fresh Peach Mandarin Orange Cup</p>	<p>30-Aug</p> <p>WG Breakfast Bread </p> <p>Fruit Salad Cup Fresh Pear</p>
<p>2-Sep</p>	<p>3-Sep</p> <p>Cereal & Yogurt </p> <p>Apple Sauce Craisins</p>	<p>4-Sep</p> <p>Beef Sausage Biscuit Sandwich</p> <p>French Toast Minis </p> <p>Orange Juice Fresh Apple</p>	<p>5-Sep</p> <p>Cherry Frudel </p> <p>Fresh Peach Mandarin Orange Cup</p>	<p>6-Sep</p> <p>WG Muffins </p> <p>Fruit Salad Cup Fresh Pear</p>
<p>9-Sep</p> <p>Cereal & Yogurt </p> <p>Apple Sauce Craisins</p>	<p>10-Sep</p> <p>Strawberry Cream Cheese Mini Bagels </p> <p>Banana Peach Cup</p>	<p>11-Sep</p> <p>Chicken Biscuit Sandwich</p> <p>French Toast Minis </p> <p>Orange Juice Fresh Apple</p>	<p>12-Sep</p> <p>Grape Filled Crescent Roll </p> <p>Fresh Peach Mandarin Orange Cup</p>	<p>13-Sep</p> <p>Chocolate Chip Waffles </p> <p>Fruit Salad Cup Fresh Pear</p>
<p>16-Sep</p> <p>Cereal Bars & Yogurt </p> <p>Apple Sauce Craisins</p>	<p>17-Sep</p> <p>Bagel & Cream Cheese </p> <p>Banana Peach Cup</p>	<p>18-Sep</p> <p>Turkey Sausage Pancake Stick</p> <p>Mini Bagels </p> <p>Orange Juice Fresh Apple</p>	<p>19-Sep</p> <p>French Toast Minis </p> <p>Fresh Peach Mandarin Orange Cup</p>	<p>20-Sep</p> <p>WG Breakfast Bread </p> <p>Fruit Salad Cup Fresh Pear</p>
<p>23-Sep</p> <p>Cereal & Yogurt </p> <p>Apple Sauce Craisins</p>	<p>24-Sep</p> <p>Mini Caramel Cinnamon Rolls </p> <p>Banana Peach Cup</p>	<p>25-Sep</p> <p>Beef Sausage Biscuit Sandwich</p> <p>French Toast Minis </p> <p>Orange Juice Fresh Apple</p>	<p>26-Sep</p> <p>Cherry Frudel </p> <p>Fresh Peach Mandarin Orange Cup</p>	<p>27-Sep</p> <p>WG Muffins </p> <p>Fruit Salad Cup Fresh Pear</p>

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Friendship
Public Charter School

PreK Lunch Menu August - September



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<p>19-Aug</p> <p>Chicken Nuggets</p> <p>Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll</p> <p>Tater Tots</p> <p>Grape Juice</p>	<p>20-Aug</p> <p>Beef & Cheese Tacos w/ Lettuce & Tomato</p> <p>Chef Taco or Veggie Taco Salad w/ Tortilla Rounds</p> <p>Seasoned Black Beans</p> <p>Orange Wedges</p>	<p>21-Aug</p> <p>Crispy Chicken Sandwich w/ Lettuce & Tomato</p> <p>Chef Salad w/Crispy Chicken or White Bean Chili w/Dinner Roll</p> <p>Sweet Potato Fries</p> <p>Apple Sauce</p>	<p>22-Aug</p> <p>Hot Dog or Chili Cheese Dog on WG Bun</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy Fries</p> <p>Banana</p>	<p>23-Aug</p> <p>Pepperoni or Cheese Pizza</p> <p>Baby Carrots w/ Ranch</p> <p>Pineapple</p>
<p>26-Aug</p> <p>Chicken & Waffles</p> <p>Chef Salad w/ Crispy Chicken or Veggie Nuggets & Dinner Roll</p> <p>Seasoned Collards</p> <p>Grape Juice</p>	<p>27-Aug</p> <p>Grilled Cheese</p> <p>Chef Taco Salad w/ Tortilla Rounds</p> <p>Emoticon Potatoes</p> <p>Orange Wedges</p>	<p>28-Aug</p> <p>Chicken Drumstick w/ Corn Bread Muffin</p> <p>Chef Salad w/ Turkey or White Bean Chili w/ Corn Bread Muffin</p> <p>Seasoned Green Beans</p> <p>Apple Sauce</p>	<p>29-Aug</p> <p>Meatball Sub w/ BBQ</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Cole Slaw</p> <p>Banana</p>	<p>30-Aug</p> <p>Mozzarella Sticks w/ Marinara</p> <p>Celery Sticks w/ Ranch</p> <p>Pineapple Cup</p>
<p>2-Sep</p> <p></p>	<p>3-Sep</p> <p>BBQ Chicken Sandwich</p> <p>Chef Taco or Veggie Taco Salad w/ Tortilla Rounds</p> <p>Baked Beans</p> <p>Orange Wedges</p>	<p>4-Sep</p> <p>Chicken Philly Cheesesteak</p> <p>Chef Salad w/Fajita Chicken Strips or White Bean Chili w/ Dinner Roll</p> <p>Celery Sticks</p> <p>Apple Sauce</p>	<p>5-Sep</p> <p>Cheeseburger w/ Lettuce & Tomato</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy French Fries</p> <p>Banana</p>	<p>6-Sep</p> <p>Ranchero or Cheese Pizza</p> <p>Baby Carrots w/ Ranch</p> <p>Pineapple</p>
<p>9-Sep</p> <p>Teriyaki Beef Dunkers w/ Veggie Fried Rice</p> <p>Chef Salad w/ Teriyaki Beef Nuggets or Veggie Nuggets & Dinner Roll</p> <p>Seasoned Broccoli</p> <p>Grape Juice</p>	<p>10-Sep</p> <p>Grilled Cheese</p> <p>Chef Taco Salad w/ Tortilla Rounds</p> <p>Emoticon Potatoes</p> <p>Orange Wedges</p>	<p>11-Sep</p> <p>Turkey & Cheese Hoagie w/ Lettuce & Tomato</p> <p>Chef Salad w/ Turkey & Cheese or Beans w/ Corn Bread Muffin</p> <p>Sweet Potato Fries</p> <p>Apple Sauce</p>	<p>12-Sep</p> <p>BBQ Rib Sandwich</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy French Fries</p> <p>Banana</p>	<p>13-Sep</p> <p>Cheese Pizza</p> <p>Celery Sticks w/ Ranch</p> <p>Pineapple</p>
<p>16-Sep</p> <p>Chicken Nuggets</p> <p>Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll</p> <p>Tater Tots</p> <p>Grape Juice</p>	<p>17-Sep</p> <p>Beef & Cheese Tacos w/ Lettuce & Tomato</p> <p>Chef Taco or Veggie Taco Salad w/ Tortilla Rounds</p> <p>Seasoned Black Beans</p> <p>Orange Wedges</p>	<p>18-Sep</p> <p>Crispy Chicken Sandwich w/ Lettuce & Tomato</p> <p>Chef Salad w/Crispy Chicken or White Bean Chili w/Dinner Roll</p> <p>Sweet Potato Fries</p> <p>Apple Sauce</p>	<p>19-Sep</p> <p>Hot Dog or Chili Cheese Dog on WG Bun</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy Fries</p> <p>Banana</p>	<p>20-Sep</p> <p>Pepperoni or Cheese Pizza</p> <p>Baby Carrots w/ Ranch</p> <p>Pineapple</p>
<p>23-Sep</p> <p>Chicken & Waffles</p> <p>Chef Salad w/ Crispy Chicken or Veggie Nuggets & Dinner Roll</p> <p>Seasoned Collards</p> <p>Grape Juice</p>	<p>24-Sep</p> <p>Grilled Cheese</p> <p>Chef Taco Salad w/ Tortilla Rounds</p> <p>Emoticon Potatoes</p> <p>Orange Wedges</p>	<p>25-Sep</p> <p>Chicken Drumstick w/ Corn Bread Muffin</p> <p>Chef Salad w/ Turkey or White Bean Chili w/ Corn Bread Muffin</p> <p>Seasoned Green Beans</p> <p>Apple Sauce</p>	<p>26-Sep</p> <p>Meatball Sub w/ BBQ</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Cole Slaw</p> <p>Banana</p>	<p>27-Sep</p> <p>Mozzarella Sticks w/ Marinara</p> <p>Celery Sticks w/ Ranch</p> <p>Pineapple</p>

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<p>19-Aug</p> <p>Chicken Nuggets</p> <p>Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll</p> <p>Onion Rings</p> <p>Cucumber & Tomato Cup</p> <p>Grape Juice</p>	<p>20-Aug</p> <p>Beef & Cheese Tacos w/ Lettuce & Tomato</p> <p>Chef Taco or Veggie Taco Salad w/ Tortilla Rounds</p> <p>Seasoned Black Beans</p> <p>Orange Wedges</p>	<p>21-Aug</p> <p>Crispy Chicken Sandwich w/ Lettuce & Tomato</p> <p>Chef Salad w/Crispy Chicken or White Bean Chili w/Dinner Roll</p> <p>Sweet Potato Fries</p> <p>Apple Sauce</p>	<p>22-Aug</p> <p>Hot Dog or Chili Cheese Dog on WG Bun</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy Fries</p> <p>Baked Beans</p> <p>Banana</p>	<p>23-Aug</p> <p>Pepperoni or Cheese Pizza</p> <p>Baby Carrots w/ Ranch</p> <p>Spinach Salad</p> <p>Pineapple</p>
<p>26-Aug</p> <p>Chicken & Waffles</p> <p>Chef Salad w/ Crispy Chicken or Veggie Nuggets & Dinner Roll</p> <p>Seasoned Collards</p> <p>Sweet Potato Fries</p> <p>Grape Juice</p>	<p>27-Aug</p> <p>Grilled Cheese</p> <p>Chef Taco Salad w/ Tortilla Rounds</p> <p>Tomato Soup</p> <p>Emoticon Potatoes</p> <p>Orange Wedges</p>	<p>28-Aug</p> <p>Chicken Drumstick w/ Dinner Roll</p> <p>Chef Salad w/ Turkey or White Bean Chili w/ Dinner Roll</p> <p>Seasoned Green Beans</p> <p>Mashed Potatoes</p> <p>Apple Sauce</p>	<p>29-Aug</p> <p>Meatball Sub w/ BBQ</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Cole Slaw</p> <p>Baked Beans</p> <p>Banana</p>	<p>30-Aug</p> <p>Mozzarella Sticks w/ Marinara</p> <p>Celery Sticks w/ Ranch</p> <p>Caesar Salad</p> <p>Pineapple Cup</p>
<p>2-Sep</p> 	<p>3-Sep</p> <p>BBQ Chicken Sandwich</p> <p>Chef Taco or Veggie Taco Salad w/ Tortilla Rounds</p> <p>Sweet Potato Fries</p> <p>Baked Beans</p> <p>Orange Wedges</p>	<p>4-Sep</p> <p>Chicken Philly Cheesesteak</p> <p>Chef Salad w/Fajita Chicken Strips or White Bean Chili w/ Dinner Roll</p> <p>Cole Slaw</p> <p>Apple Sauce</p>	<p>5-Sep</p> <p>Cheeseburger w/ Lettuce & Tomato</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy French Fries</p> <p>Banana</p>	<p>6-Sep</p> <p>Ranchero or Cheese Pizza</p> <p>Baby Carrots w/ Ranch</p> <p>Spinach Salad</p> <p>Pineapple</p>
<p>9-Sep</p> <p>Teriyaki Beef Dunkers w/ Veggie Fried Rice</p> <p>Chef Salad w/ Teriyaki Beef Nugget or Veggie Nuggets & Dinner Roll</p> <p>Seasoned Broccoli</p> <p>Grape Juice</p>	<p>10-Sep</p> <p>Grilled Cheese</p> <p>Chef Taco Salad w/ Tortilla Rounds</p> <p>Tomato Soup</p> <p>Tater Tots</p> <p>Orange Wedges</p>	<p>11-Sep</p> <p>Turkey & Cheese Hoagie w/ Lettuce & Tomato</p> <p>Chef Salad w/ Turkey & Cheese or Beans w/ Dinner Roll</p> <p>Sweet Potato Fries</p> <p>Apple Sauce</p>	<p>12-Sep</p> <p>BBQ Rib Sandwich</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy French Fries</p> <p>Baked Beans</p> <p>Banana</p>	<p>13-Sep</p> <p>Cheese Pizza</p> <p>Celery Sticks w/ Ranch</p> <p>Caesar Salad</p> <p>Pineapple</p>
<p>16-Sep</p> <p>Chicken Nuggets</p> <p>Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll</p> <p>Onion Rings</p> <p>Cucumber & Tomato Cup</p> <p>Grape Juice</p>	<p>17-Sep</p> <p>Beef & Cheese Tacos w/ Lettuce & Tomato</p> <p>Chef Taco or Veggie Taco Salad w/ Tortilla Rounds</p> <p>Seasoned Black Beans</p> <p>Orange Wedges</p>	<p>18-Sep</p> <p>Crispy Chicken Sandwich w/ Lettuce & Tomato</p> <p>Chef Salad w/Crispy Chicken or White Bean Chili w/Dinner Roll</p> <p>Sweet Potato Fries</p> <p>Apple Sauce</p>	<p>19-Sep</p> <p>Hot Dog or Chili Cheese Dog on WG Bun</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Crispy Fries</p> <p>Baked Beans</p> <p>Banana</p>	<p>20-Sep</p> <p>Pepperoni or Cheese Pizza</p> <p>Baby Carrots w/ Ranch</p> <p>Spinach Salad</p>
<p>23-Sep</p> <p>Chicken & Waffles</p> <p>Chef Salad w/ Crispy Chicken or Veggie Nuggets & Dinner Roll</p> <p>Seasoned Collards</p> <p>Sweet Potato Fries</p> <p>Grape Juice</p>	<p>24-Sep</p> <p>Grilled Cheese</p> <p>Chef Taco Salad w/ Tortilla Rounds</p> <p>Tomato Soup</p> <p>Emoticon Potatoes</p> <p>Orange Wedges</p>	<p>25-Sep</p> <p>Chicken Drumstick w/ Corn Bread Muffin</p> <p>Chef Salad w/ Turkey or White Bean Chili w/ Corn Bread Muffin</p> <p>Seasoned Green Beans</p> <p>Mashed Potatoes</p> <p>Apple Sauce</p>	<p>26-Sep</p> <p>Meatball Sub w/ BBQ</p> <p>Chef Salad w/ Cheese & WG Soft Pretzel</p> <p>Cole Slaw</p> <p>Baked Beans</p> <p>Banana</p>	<p>27-Sep</p> <p>Mozzarella Sticks w/ Marinara</p> <p>Celery Sticks w/ Ranch</p> <p>Caesar Salad</p>

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Supper Menu August - September 2024

19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
Cheese Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Dinner Roll Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Pepperoni Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Biscuit Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Cheese Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Pepperoni Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Biscuit Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible. We appreciate your patience as we work with our vendors to ensure your scholars get the best possible meals to fuel their success in the classroom.