


Center

May 2022

PRE K



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| 2. WG Cereal, Fresh Fruit Milk<br><br>WW PB&J Sandwich<br>Sliced Cheese<br>Zucchini Sticks<br>Dressing, Fresh Fruit Milk<br><br>Sliced Cheese<br>WG Crackers, Fresh Fruit | 3. Bagel, Cream Cheese, Fruit Milk<br><br>Chicken Fettuccini Alfredo<br>Steamed Broccoli<br>WG Roll<br>Fresh Fruit Milk<br><br>WW Crackers<br>Fresh Fruit          | 4. WW Pancakes, Fruit Milk<br><br><b>Salad Bar:</b> Cubed Turkey<br>Boiled Egg, Shredded Cheese<br>Garden Salad w/Spinach, Dressing<br>WW Chex Snacks, Fresh Fruit Milk<br><br>WW Quesadilla<br>Milk               | 5. Raisin Toast, Fresh Fruit, Milk<br><br><b>Burrito Supreme:</b><br>Seasoned Beef<br>Vegetarian Refried Beans<br>WW Tortilla, Salsa, Sour Cream<br>Fresh Fruit, Milk<br><br>Sandwich<br>Fruit Juice | 6. WW Bread, Preserves<br>Fruit, Milk<br><br>Chicken Pasta Salad<br>Cucumber Slices<br>WW Crackers<br>Dressing<br>Fruit, Milk<br><br>Yogurt<br>Fresh Fruit                             |
| 9. Muffin, Fresh Fruit Milk<br><br>WW PB&J Sandwich<br>Sliced Cheese<br>Broccoli Florets<br>Dressing, Fruit, Milk<br><br>WW Crackers.<br>Fresh Fruit                      | 10. Cereal Bowl, Fruit Milk<br><br>Beef Patty, WW Bun<br>Shredded Lettuce<br>Sliced Tomato<br>Fresh Fruit, Milk<br><br>Yogurt<br>Fruit                             | 11. English Muffin, Preserves<br>Fresh Fruit, Milk<br><br>Tuna Salad<br>WW Bread<br>Cucumber Sticks<br>Fresh Fruit, Milk<br><br><b>Staff Development</b><br><b>No Snack</b>  | 12. WW Waffles, Fruit Milk<br><br>Chicken Nuggets<br>Green Beans<br>WW Roll<br>Fresh Fruit, Milk<br><br>WW Crackers<br>Fruit Juice   | 13. Muffin, Fresh Fruit Milk<br><br><b>Rollup:</b> Sliced Turkey<br>Sliced Cheese, WW Tortilla<br>Green Salad w/ Spinach<br>Dressing, Fresh Fruit, Milk<br><br>Cottage Cheese<br>Fruit |
| 16. Cereal, Fresh Fruit Milk<br><br>Chicken Salad<br>WW Roll<br>Cucumber/Tomato Salad<br>Dressing<br>Fresh Fruit, Milk<br><br>WW Crackers<br>Fresh Fruit                  | 17. WG Waffle Sticks<br>Fruit, Milk<br><br>Beef Enchilada Casserole<br>Refried Beans<br>Shredded Cheese<br>Fresh Fruit<br>Milk<br><br>WW Quesadilla<br>Fruit Juice | 18. Bagel, Cream Cheese, Fruit Milk<br><br><b>Salad Bar:</b> Diced Chicken<br>Boiled Egg, Shredded Cheese<br>Green Salad w/Spinach<br>Dressing, WW Chex Mix<br>Crackers, Fresh Fruit, Milk<br><br>Sandwich<br>Milk | 19. WW Pancakes, Fresh Fruit, Milk<br><br>WG Spaghetti w/ Meat Sauce<br>Steamed Peas<br>WG Roll<br>Fresh Fruit<br>Milk<br><br>Yogurt<br>Fruit  | 20. Raisin Toast, Fruit Milk<br><br>WG PB&J Sandwich<br>Sliced Cheese, Carrots<br>Dressing<br>Fruit<br>Milk<br><br>Muffin<br>Fresh Fruit   |
| 23. Cereal Bowl, Fresh Fruit Milk<br><br>Sliced Turkey, Sliced Cheese<br>WW Roll<br>Tomato Slices<br>Fresh Fruit, Milk<br><br>WW Crackers<br>Fresh Fruit                  | 24. Muffin, Fruit Milk<br><br>Mandarin Orange Chicken<br>Mixed Vegetables<br>WW Bread, Fresh Fruit<br>Milk<br><br>WG Crackers<br>Boiled Egg                        | 25. WW Waffle Sticks, Fruit w/<br>Cinnamon, Milk<br><br>Tuna Pasta Salad<br>Cucumber<br>WG Crackers<br>Fresh Fruit, Milk<br><br>WW Crackers<br>Milk  | 26. WG Breakfast Burrito, Fresh Fruit Milk<br><br>Hearty 3 Bean Chili<br>Shredded Cheese<br>WG Roll, Fresh Fruit<br>Milk<br><br>WW Sandwich<br>Fruit Juice   | 27. WW Toast, Preserves<br>Fresh Fruit, Milk<br><br>Sliced Turkey, Sliced Cheese<br>WW Bread, Carrots<br>Dressing, Fresh Fruit<br>Milk<br><br>Yogurt<br>Fruit                          |
| 30.<br>  | 31. Cereal Bowl, Fruit Milk<br><br>Seasoned Pinto Beans<br>Shredded Cheese<br>WW Tortilla, Salsa<br>Fresh Fruit<br>Milk<br><br>WW Crackers<br>Fruit Juice          |  |  | CAPK Central Kitchen does not serve<br>Pork or any Pork Products.<br><br>This institution is an equal<br>opportunity provider and employer   |

Water will be offered throughout the day

Served with 1% Unflavored Milk

Menu Subject to Change