

Garrett & Hackney Pre-K Menu



MEAL PRICING:

Student Breakfast Price Free
 Adult/Visitor Breakfast Price \$2.50

August-December 2020



BREAKFAST IN THE CLASSROOM

Free to all Students

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Mini Pancakes WMES 35 Applesauce 22 Milk	Cereal <i>see flavors below</i> Banana 27 Milk	PB&J Uncrustable Sandwich WP 32 Fruit Milk	Maple Pancake Sandwich WMES 17 Orange Slices 10 Milk	French Toast Sticks WMES 38 Juice <i>see below</i> Milk
2	Muffin WES 30 Applesauce 22 Milk	Cereal <i>see flavors below</i> Banana Milk	Cinnamon Glazed Pancake Sandwich WMES 35 Fruit Milk	Breakfast Bars WMES 39 Strawberry Cup Milk	Danimals Yogurt MS16 Peaches 8 Milk
3	Pancake on a Stick WMES 19 Pineapple Tidbits 8 Milk	Cereal <i>see flavors below</i> Raisins 27 Milk	Mini Pancakes WMES 35 Fruit Milk	Muffin WES 30 Applesauce 22 Milk	Banana Bread WES 44 Peaches 8 Milk

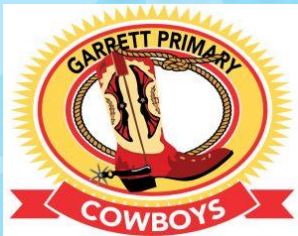
Pre-K approved cereals: Rice Chex 24, Cheerios 20, Cinnamon Toast Crunch WS 22, Rice Krispies 23, Cinnamon Flakes WS 24, Frosted Mini Wheats W 24

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus
 Grams of carbohydrate are listed as the number beside the allergens
 Milk: white=12gms, choc=19gms, straw=18gms
 Juice: orange=13gms, apple=14gms, grape=19gms

Week 1	Week 2	Week 3
Aug 24 Sept 14 Oct 5 Oct 26 Nov 16(early release Nov 20 th) Dec 14 (early release Dec 18 th)	Aug 31 Sept 21 Oct 13 (holiday Oct 12 th) Nov 2 Nov 30	Sept 8 (holiday Sept 7 th) Sept 28 Oct 19 Nov 9 Dec 7

This institution is an equal opportunity provider.

Garrett & Hackney Pre-K Menu



Pre-K MEAL PRICING:

All Students
Adults/Visitors

Free
\$3.50



Pre-K LUNCH Menu

August-December 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Steak Nuggets W 12 Green Beans 4 Applesauce 22 Milk	Cheesy Nachos M 23 Pinto beans 22 Fruit Cup Frozen Yogurt Cup M 14 Milk	Pizza WMS 34 Corn Fruit Slush 100% Juice 25 Milk	Popcorn Chicken WMS 17 Mashed Potatoes M 9 Orange Wedge 21 Milk Ketchup	Chicken Burger WS 42 Smiley Faced Potatoes 20 Apple Slices 7 Milk Ketchup
2	Hot Dog on Bun W 27 Broccoli 3 Applesauce 14 Milk Ketchup	Cheese Quesadilla WMS40 Pinto Beans 22 Fruit Cup Frozen Yogurt Cup M 14 Milk	Mini Cheeseburgers WMS 36 Smiley Faced Potatoes 20 Fruit Slush (100% Juice) 25 Milk Ketchup	Tony's Cheesy Pizza Sticks WMS 22 w/ Marinara Dipping Sauce 4 Fresh Baby Carrots 4 w/dip ME 7 Fruit Milk	Corn Dog WES 30 Tater Coins 8 Peaches 8 Milk Ketchup
3	Chicken Nuggets WS 8 Mashed Potatoes M 9 Mandarin Oranges 4 Milk Ketchup	Lunchable WMS 40 Fresh Baby Carrots 4 w/dip ME 7 Fruit Slush (100% Juice) 25 Milk	Pizza WMS 34 Corn 8 Fruit Milk	Chicken Drumstick WMS 14 Green Beans 2 Pineapple Tidbits 8 Milk Ketchup	Cheeseburger WMS 30 Smiley Faced Potatoes 20 Applesauce 14 Milk Ketchup

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Lufkin ISD offers free meals to all students!

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