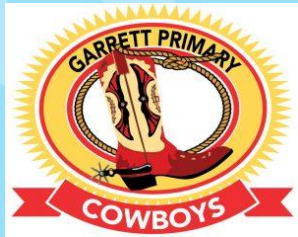


Garrett Pre-K3 & Pre-K4 Menu



August '24-May '25

MEAL PRICING:

Student Breakfast Price Free
 Adult/Visitor Breakfast Price \$3.25



BREAKFAST IN THE CLASSROOM

Free to all Students

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal see flavors below Fruit Cup Milk	Mini Pancakes WMES 35 Applesauce Milk	Cheese Stick M w/Gingerbread TX W41 Fruit Milk	Maple Pancake Sandwich WMES17 Orange Slices Milk	French Toast Sticks WMES38 Juice Milk
2	Poffitz-Mini Pancake Bites WMES 38 Fruit Cup Milk	Muffin WES 30 Applesauce Milk	Fun-N-Fruity Waffle WMS 38 Fruit Milk	Apple Cinnamon TX Toast WMS 49 Fruit Cup Milk	Danimals Yogurt MS16 Peaches Milk
3	Cereal Raisins 27 Milk	Cinna-Minis WM40 & Cheese StickM Fruit Cup Milk	Pancake on a Stick WES 17 Fruit Cup Milk	Breakfast Pizza WMS 27 Applesauce Milk	Banana Bread WES 44 Peaches Milk

All Cereal is Reduced Sugar, 25% less Sugar, and Whole Grain.

All Bread is Whole Grain or Whole Wheat.

All Canned Fruit and Frozen Fruit are with fruit juice or light syrup.

Students must take all items.

Milk is 1% White only unless you complete a form for special diets.

Pre-K approved cereals: Rice Chex **24**, Cheerios **20**,

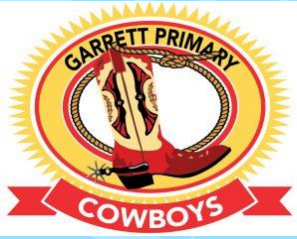
Cinnamon Toast Crunch **WS 22**, Rice Krispies **23**,

Cinnamon Flakes **WS 24**, Frosted Mini Wheats **W 24**

Week 1		Week 2		Week 3	
Aug 7	Mar 17	Aug 12	Mar 24	Aug 19	Mar 31
Aug 26	Apr 7	Sept 2	Apr 14	Sept 9	Apr 21
Sept 16	Apr 28	Sept 23	May 5	Sept 30	May 12
Oct 14	May 19	Oct 21		Oct 28	
Nov 4		Nov 11		Nov 18	
Dec 2		Dec 9		Dec 16	
Jan 6		Jan 13		Jan 20	
Jan 27		Feb 3		Feb 10	
Feb 17		Feb 24		Mar 3	

This program is funded by USDA. This institution is an equal opportunity provider.

Garrett Pre-K3 & Pre-K4 Menu



Pre-K MEAL PRICING:

All Students
Adults/Visitors

Free
\$4.75

Pre-K LUNCH Menu

August 2024-May 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pizza WMS34 Steamed Broccoli 3 Fruit Slush 25 (100% Juice) Milk	Cheesy Nachos M23 Gogurt M8 Corn 8 Fruit Cup Milk	Popcorn Chicken WMS 17 Mashed Potatoes M9 Orange Wedge 21 Milk	Spaghetti W43 w/cheese stick M Green Beans 2 Applesauce 14 Milk	Chicken Burger WMSsm39 Smiley Faced Potatoes 20 Apple Slices 7 Milk
2	Hot Dog on Bun WS29 Steamed Broccoli 3 Applesauce 14 Milk	Hot Pocket WMS32 Pinto Beans 22 Fruit Cup Milk	Mini Chicken Burgers WM42 Smiley Faced Potatoes 20 Fruit Gel (100% Juice) 20 Milk	Wild Mike's Cheesy Bites WMS28 w/ Marinara Dipping Sauce 4 Fresh Baby Carrots 4 w/dip ME2 Fruit Milk	Corn Dog WES30 Tater Tots 8 Peaches 8 Milk
3	Chicken WMS11 & Waffles WMES30 Green Beans 2 Mandarin Oranges 4 Milk	Pizza WMS34 Corn 8 Fruit Milk	Lunchable WMES 40 Fresh Baby Carrots 4 w/dip ME2 Fruit Slush (100% Juice) 25 Milk	Chicken Drumstick WMS14 Mashed Potatoes M9 Pineapple 8 Milk	Hamburger WSm28 Smiley Faced Potatoes 20 Applesauce 14 Milk

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, Sm-Sesame Seeds

Grams of carbohydrate are listed as the number beside the allergens

Milk: white=13gms, choc=19gms, straw=19gms

Juice: orange=14gms, apple=15gms

Week 1		Week 2		Week 3	
Aug 7	Mar 17	Aug 12	Mar 24	Aug 19	Mar 31
Aug 26	Apr 7	Sept 2	Apr 14	Sept 9	Apr 21
Sept 16	Apr 28	Sept 23	May 5	Sept 30	May 12
Oct 14	May 19	Oct 21		Oct 28	
Nov 4		Nov 11		Nov 18	
Dec 2		Dec 9		Dec 16	
Jan 6		Jan 13		Jan 20	
Jan 27		Feb 3		Feb 10	
Feb 17		Feb 24		Mar 3	

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