

Garrett Pre-K3 & Pre-K4 Menu



MEAL PRICING:

Student Breakfast Price Free
 Adult/Visitor Breakfast Price \$3.00

August 2022-May 2023



BREAKFAST IN THE CLASSROOM

Free to all Students

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal see flavors below Fruit Cup Milk	Mini Pancakes WMES35 Applesauce 22 Milk	Cheese Stick M w/Gingerbread TX W41 Fruit Milk	Maple Pancake Sandwich WMES17 Orange Slices Milk	French Toast Sticks WMES38 Juice see below Milk
2	Cereal Strawberry Cup Milk	Muffin WES30 Applesauce Milk	Waffle WME 33 Fruit Milk	Whole Grain Honey Chicken Biscuit WMS13 Fruit Cup Milk	Danimals Yogurt MS16 Peaches 8 Milk
3	Cereal Raisins 27 Milk	Cinnamon-Filled Pretzel Stick WM30 Fruit Cup Milk	Pancake on a Stick WES17 Fruit Cup Milk	Breakfast Pizza WMS27 Applesauce Milk	Banana Bread WES44 Peaches 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 10	Mar 6	Aug 15	Mar 20	Aug 22	Mar 27
Aug 29	Apr 3	Sept 5	Apr 10	Sept 12	Apr 17
Sept 19	Apr 24	Sept 26	May 1	Oct 3	May 8
Oct 10	May 15	Oct 17	May 22	Oct 24	
Oct 31		Nov 7		Nov 14	
Nov 28		Dec 5		Dec 12	
Jan 2		Jan 9		Jan 16	
Jan 23		Jan 30		Feb 6	
Feb 13		Feb 20		Feb 27	

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
\$4.50



Pre-K LUNCH Menu

August 2022-May 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pizza WMS34 Steamed Broccoli 3 Fruit Slush (100% Juice) 25 Milk	Cheesy Nachos M23 Pinto Beans 22 Fruit Cup Frozen Yogurt Cup M14 Milk	Spaghetti Green Beans Applesauce Milk	Popcorn Chicken WMS17 Mashed Potatoes M9 Orange Wedge 21 Milk	Chicken Burger WS42 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 Frozen Yogurt Cup M14 Milk	Mini Chicken Burgers Smiley Faced Potatoes 20 Fruit Slush (100% Juice) 25 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 & Waffles 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	Cheeseburger WMS30 Smiley Faced Potatoes 20 Applesauce 14 Milk

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Lufkin ISD offers free meals to all students!

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