

# Garrett Pre-K3 & Pre-K4 Menu



## MEAL PRICING:

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

August 2023-May 2024



## BREAKFAST IN THE CLASSROOM

Free to all Students

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal <b>see flavors below</b> Fruit Cup Milk	Mini Pancakes <b>WMES 35</b> Applesauce <b>22</b> Milk	Cheese Stick <b>M</b> w/Gingerbread <b>TX W41</b> Fruit Milk	Maple Pancake Sandwich <b>WMES17</b> Orange Slices Milk	French Toast Sticks <b>WMES38</b> Juice <b>see below</b> Milk
2	Cereal Strawberry Cup Milk	Muffin <b>WES30</b> Applesauce Milk	Fun-N-Fruity Waffle <b>WME38</b> Fruit Milk	Apple Cinnamon French Toast <b>WMS49</b> Fruit Cup Milk	Danimals Yogurt <b>MS16</b> Peaches <b>8</b> Milk
3	Cereal Raisins <b>27</b> Milk	Cinna-Minis <b>WM40</b> & Cheese Stick <b>M</b> Fruit Cup Milk	Pancake on a Stick <b>WES17</b> Fruit Cup Milk	Breakfast Pizza <b>WMS27</b> Applesauce Milk	Banana Bread <b>WES44</b> Peaches Milk

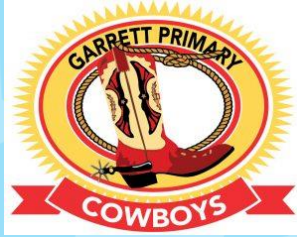
Pre-K approved cereals: Rice Chex **24**, Cheerios **20**, Cinnamon Toast Crunch **WS 22**, Rice Krispies **23**, Cinnamon Flakes **WS 24**, Frosted Mini Wheats **W 24**

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

Week 1		Week 2		Week 3	
Aug 7	Mar 18	Aug 14	Mar 25	Aug 21	Apr 1
Aug 28	Apr 8	Sept 4	Apr 15	Sept 11	Apr 22
Sept 18	Apr 29	Sept 25	May 6	Oct 2	May 13
Oct 16	May 20	Oct 23		Oct 30	
Nov 6		Nov 13		Nov 27	
Dec 4		Dec 11		Jan 1	
Jan 8		Jan 15		Jan 22	
Jan 29		Feb 5		Feb 12	
Feb 19		Feb 26		Mar 4	

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 2023-May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Pizza <b>WMS34</b> Steamed Broccoli <b>3</b> Fruit Slush (100% Juice) <b>25</b> Milk	Cheesy Nachos <b>M23</b> Pinto Beans <b>22</b> Corn <b>8</b> Fruit Cup Milk	Popcorn Chicken <b>WMS17</b> Mashed Potatoes <b>M9</b> Orange Wedge <b>21</b> Milk	Spaghetti <b>W43</b> w/Cheese Stick <b>M</b> Green Beans Applesauce Milk	Chicken Burger <b>WMSsm39</b> Smiley Faced Potatoes <b>20</b> Apple Slices <b>7</b> Milk
<b>2</b>	Mini Hot Dog on Bun <b>WS26</b> Steamed Broccoli <b>3</b> Applesauce <b>14</b> Milk	Hot Pocket <b>WMS32</b> Pinto Beans <b>22</b> Fruit Cup Milk	Mini Chicken Burgers <b>WM42</b> Smiley Faced Potatoes <b>20</b> Fruit Gel (100% Juice) <b>20</b> Milk	Wild Mike's Cheesy Bites <b>WMS28</b> w/ Marinara Dipping Sauce <b>4</b> Fresh Baby Carrots <b>4</b> w/dip <b>ME2</b> Fruit Milk	Corn Dog <b>WES30</b> Tater Tots <b>8</b> Peaches <b>8</b> Milk
<b>3</b>	Chicken <b>WMS11</b> & Waffles <b>WMES30</b> Green Beans <b>2</b> Mandarin Oranges <b>4</b> Milk	Pizza <b>WMS34</b> Corn <b>8</b> Fruit Milk	Lunchable <b>WMES40</b> Fresh Baby Carrots <b>4</b> w/dip <b>ME2</b> Fruit Slush (100% Juice) <b>25</b> Milk	Chicken Drumstick <b>WMS14</b> Mashed Potatoes <b>M9</b> Pineapple <b>8</b> Milk	Hamburger <b>WSm28</b> Smiley Faced Potatoes <b>20</b> Applesauce <b>14</b> Milk

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

## Lufkin ISD offers free meals to all students!

Week 1		Week 2		Week 3	
Aug 7	Mar 18	Aug 14	Mar 25	Aug 21	Apr 1
Aug 28	Apr 8	Sept 4	Apr 15	Sept 11	Apr 22
Sept 18	Apr 29	Sept 25	May 6	Oct 2	May 13
Oct 16	May 20	Oct 23		Oct 30	
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