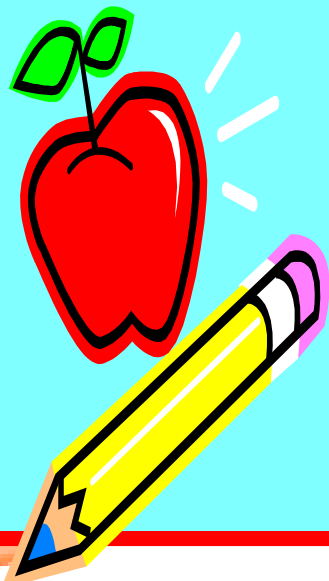
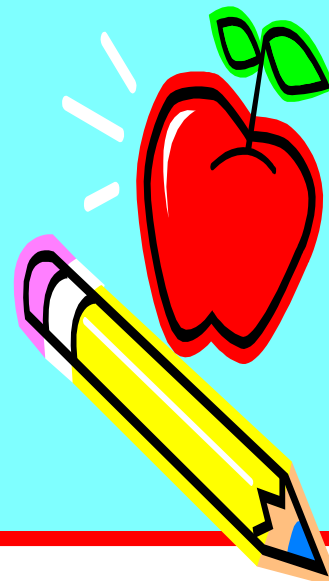


# Pre-Kindergarten Menu

## AUGUST



### Back to School!



Every Lunch also includes a choice of milk.

**Monday**

Chicken Rings  
Hot Roll  
Mashed Potatoes  
Steamed Broccoli  
Fruit Cup

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**Tuesday**

Pizza  
Garden Salad  
Berries & Cream

28

**Wednesday**

Fun Time Meal  
Choice of Sandwich  
Baked Chips  
Fruit Cup  
Fruit Juice  
Pickle Salad/Carrots

29

**Thursday**

Tacos  
Charro Beans  
Spanish Rice  
Lettuce & Tomato  
Fruit Cup

30

**Friday**

Burger & Fries  
Lettuce & Pickles  
Fresh Fruit

31

Do you want to do great in school this year? Below are some tip to help you do your best!

- Exercise! Scientists have found that exercise can help Jumpstart your brain so you can get better grades
- Eat breakfast! It helps you concentrate and improve in the classroom!
- Get lots of sleep! You need to be rested so you can learn and play.

Fruits and Vegetables are an important part of your child's diet! Sometimes, a fun arrangement can get kids eating. Make up a plate of mini foods (baby carrots, baby corn, cherry tomatoes, etc.) or make a face out of vegetables, complete with peas for eyes, a carrot for the nose and sprouts for hair!

**Monday**

Pop Tarts & Cereal

**Tuesday**

Scrambled Eggs with Bacon and Toast

**Wednesday**

Biscuits and Gravy or Pancake Wrap

**Thursday**

Breakfast Pizza or Chicken Biscuit

**Friday**

Breakfast Sandwich or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

**Breakfast**