



# Portsmouth Public Schools • Food Services

March 2019

## PRE-K LUNCH MENU



Breakfast for Mondays:	Breakfast for Tuesdays:	Breakfast for Wednesdays:	Breakfast for Thursday	Breakfast for Fridays:
<p><b>Choose 1</b> Assorted Breakfast Cereal Breakfast Chicken Biscuit (w/g) (W/G ) Donuts</p> <p><b>Choose 2</b> Fresh Fruit Canned Fruit 100% Juice &amp; 1% or Skim Milk</p>	<p><b>Choose 1</b> Assorted Breakfast Cereal Mini Waffles (w/g) (W/G ) Donuts</p> <p><b>Choose 2</b> Fresh Fruit Canned Fruit 100% Juice &amp; 1% or Skim Milk</p>	<p><b>Choose 1</b> Assorted Breakfast Cereal Sausage Pancake on a stick (W/G ) Donuts</p> <p><b>Choose 2</b> Fresh Fruit Canned Fruit 100% Juice &amp; 1% or Skim Milk</p>	<p><b>Choose 1</b> Assorted Breakfast Cereal Breakfast Pizza (w/g) (W/G ) Donuts</p> <p><b>Choose 2</b> Fresh Fruit Canned Fruit 100% Juice &amp; 1% or Skim Milk</p>	<p><b>Choose 1</b> Assorted Breakfast Cereal Mini Pancakes (w/g) (W/G ) Donuts</p> <p><b>Choose 2</b> Fresh Fruit Canned Fruit 100% Juice &amp; 1% or Skim Milk</p>

### FRIDAY 1

<p><b>Offered Daily</b> 1% Or Skim MILK • JUICE 100% FRESH FRUIT <b>ALL BREADS ARE WHEAT</b> *Menu Subject to Change</p> <p><b>Choose 1 Entree</b> <b>Choose 2 Vegetables</b> <b>Choose 1 Fruit</b> <b>Choose a Milk</b></p>	<p><small>In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <a href="http://www.asc.usda.gov/complaint_filing_cust.html">http://www.asc.usda.gov/complaint_filing_cust.html</a>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202)690-7442; or (3) email: <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a>. This institution is an equal opportunity provider.</small></p>		<p>Baked Fish Nuggets w/Dinner Roll (w/g) <b>Cal (330) Carbs (28)</b> Chef Salad (Croutons &amp; Crackers) French Fries Raw Carrot Stick &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>
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MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
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<p>Pepperoni Pizza (w/g) <b>Cal (310) Carbs (29)</b> Chef Salad (Croutons &amp; Crackers) Steamed Broccoli &amp; Side Salad Fresh Apple &amp; Canned Fruit 1% or Skim Milk</p>	<p>Chicken Nuggets w/Bread Stick (w/g) <b>Cal (340) Carbs (37)</b> Chef Salad (Croutons &amp; Crackers) Steamed Carrots &amp; Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Grilled Cheese Sandwich <b>Cal (229) Carbs(16)</b> Chef Salad (Croutons &amp; Crackers) Black-eyed Peas &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Savory Meat Loaf w/Brown Rice <b>Cal (405) Carbs (50)</b> Chef Salad (Croutons &amp; Crackers) Simmered Corn &amp; Side Salad Fresh Pear 1% or Skim Milk</p>	<p>Pepperoni Pizza (w/g) <b>Cal (310) Carbs (29)</b> Chef Salad (Croutons &amp; Crackers) Sweet Potato Fries &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>
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### START YOUR ENGINES! Breakfast Week!

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
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<p>(w/g) Corn Dog Nuggets <b>Cal (250) Carbs (31)</b> Chef Salad (Croutons &amp; Crackers) Vegetarian Baked Beans &amp; Stewed Tomatoes &amp; Side Salad Fresh Apple &amp; Canned Fruit 1% or Skim Milk</p>	<p>Meaty Hamburger on Bun (w/g) <b>Cal (320) Carbs (28)</b> Chef Salad (Croutons &amp; Crackers) Ravishing Spinach &amp; Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Chicken Fajitas Wrap (w/g) <b>Cal (468) Carbs (78)</b> Chef Salad (Croutons &amp; Crackers) Refried Beans &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Homemade Spaghetti w/ Breadstick <b>Cal (432) Carbs (55)</b> Chef Salad (Croutons &amp; Crackers) Sweet Peas &amp; Side Salad Fresh Pear 1% or Skim Milk</p>	<p>Pepperoni Pizza (w/g) <b>Cal (310) Carbs (29)</b> Chef Salad (Croutons &amp; Crackers) Sweet Potato Fries &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>
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MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
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<p>Zesty Chili Macaroni w/Dinner Roll (w/g) <b>Cal (343) Carbs (38)</b> Chef Salad (Croutons &amp; Crackers) Simmered Corn, Mashed Potatoes &amp; Side Salad Fresh Apple &amp; Canned Fruit 1% or Skim Milk</p>	<p>Hot and Spicy Chicken Sandwich (w/g) <b>Cal (314) Carbs (37)</b> Chef Salad (Croutons &amp; Crackers) Steamed Carrots &amp; Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Meaty Hamburger on Bun (w/g) <b>Cal (320) Carbs (28)</b> Chef Salad (Croutons &amp; Crackers) Vegetarian Baked Beans &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>(w/g) Corn Dog Nuggets <b>Cal (250) Carbs (31)</b> Chef Salad (Croutons &amp; Crackers) Collard Greens &amp; Side Salad Fresh Pear 1% or Skim Milk</p>	<p>Baked Fish Nuggets w/Dinner Roll (w/g) <b>Cal (330) Carbs (28)</b> Chef Salad (Croutons &amp; Crackers) Sweet Potato French Fries Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>
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MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28
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<p>Chicken Nuggets w/Dinner Roll <b>Cal (290) Carbs (28)</b> Chef Salad (Croutons &amp; Crackers) Marinated Black Bean Salad &amp; Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Hot Dog on Bun(w/g) <b>Cal (280) Carbs (20)</b> Chef Salad (Croutons &amp; Crackers) Quick Baked Potatoes &amp; Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Grilled Cheese Sandwich <b>Cal (229) Carbs(16)</b> Chef Salad (Croutons &amp; Crackers) Side Salad &amp; Stewed Tomatoes Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Homemade Spaghetti w/ Breadstick <b>Cal (432) Carbs (55)</b> Chef Salad (Croutons &amp; Crackers) Broccoli &amp; Side Salad Fresh Pear 1% or Skim Milk</p>	<p>Pepperoni Pizza (w/g) <b>Cal (310) Carbs (29)</b> Chef Salad (Croutons &amp; Crackers) French Fries &amp; Side Salad Carrot sticks Fresh Apple or Canned Fruit 1% or Skim Milk</p>
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