



Portsmouth Public Schools • Food Services

December 2018

PRE-K LUNCH MENU



Breakfast for Mondays:	Breakfast for Tuesdays:	Breakfast for Wednesdays:	Breakfast for Thursday	Breakfast for Fridays:
<p>Choose 1 Assorted Breakfast Cereal Breakfast Chicken Biscuit (w/g) (W/G) Donuts Choose 2 Fresh Fruit Canned Fruit 100% Juice & 1% or Skim Milk</p>	<p>Choose 1 Assorted Breakfast Cereal Mini Waffles (w/g) (W/G) Donuts Choose 2 Fresh Fruit Canned Fruit 100% Juice & 1% or Skim Milk</p>	<p>Choose 1 Assorted Breakfast Cereal Sausage Pancake on a stick (W/G) Donuts Choose 2 Fresh Fruit Canned Fruit 100% Juice & 1% or Skim Milk</p>	<p>Choose 1 Assorted Breakfast Cereal Breakfast Pizza (w/g) (W/G) Donuts Choose 2 Fresh Fruit Canned Fruit 100% Juice & 1% or Skim Milk</p>	<p>Choose 1 Assorted Breakfast Cereal Mini Pancakes (w/g) (W/G) Donuts Choose 2 Fresh Fruit Canned Fruit 100% Juice & 1% or Skim Milk</p>
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
<p>Chicken Nuggets w/Dinner Roll <i>Cal (290) Carbs (28)</i> Chef Salad (Croutons & Crackers) Marinated Black Bean Salad & Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Hot Dog on Bun(w/g) <i>Cal (280) Carbs (20)</i> Chef Salad (Croutons & Crackers) Quick Baked Potatoes & Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Grilled Cheese Sandwich <i>Cal (229) Carbs(16)</i> Chef Salad (Croutons & Crackers) Side Salad & Stewed Tomatoes Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Homemade Spaghetti w/ Breadstick <i>Cal (432) Carbs (55)</i> Chef Salad (Croutons & Crackers) Broccoli & Side Salad Fresh Pear 1% or Skim Milk</p>	<p>Pepperoni Pizza (w/g) <i>Cal (310) Carbs (29)</i> Chef Salad (Croutons & Crackers) French Fries & Side Salad Carrot sticks Fresh Apple or Canned Fruit 1% or Skim Milk</p>
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<p>Fish Sandwich on Bun (w/g) <i>Cal (340) Carbs (43)</i> Chef Salad (Croutons & Crackers) Steamed Spinach & Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Zesty Chili Macaroni <i>Cal (283) Carbs (26)</i> Chef Salad (Croutons & Crackers) Vegetarian Baked Beans & Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Pepperoni Pizza <i>Cal (310) Carbs (29)</i> Chef Salad (Croutons & Crackers) Baked Sweet Potato & Side Salad Apple or Canned Fruit 1% or Skim Milk</p>	<p>(w/g) Corn Dog Nuggets <i>Cal (250) Carbs (31)</i> Chef Salad (Croutons & Crackers) Lima Beans & Side Salad Fresh Pear 1% or Skim Milk</p>	<p>Baked Fish Nuggets w/Dinner Roll (w/g) <i>Cal (330) Carbs (28)</i> Chef Salad (Croutons & Crackers) French Fries Raw Carrot Stick & Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	NO SCHOOL WINTER BREAK
<p>Pepperoni Pizza (w/g) <i>Cal (310) Carbs (29)</i> Chef Salad (Croutons & Crackers) Steamed Broccoli & Side Salad Fresh Apple & Canned Fruit 1% or Skim Milk</p>	<p>Chicken Nuggets w/Bread Stick(w/g) <i>Cal (340) Carbs (37)</i> Chef Salad (Croutons & Crackers) Steamed Carrots & Side Salad Fresh Orange 1% or Skim Milk</p>	<p>Grilled Cheese Sandwich <i>Cal (229) Carbs(16)</i> Chef Salad (Croutons & Crackers) Black-eyed Peas & Side Salad Fresh Apple or Canned Fruit 1% or Skim Milk</p>	<p>Savory Meat Loaf w/Brown Rice <i>Cal (405) Carbs (50)</i> Chef Salad (Croutons & Crackers) Simmered Corn & Side Salad Fresh Pear 1% or Skim Milk</p>	
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
	<p>Choose 1 Entree Choose 2 Vegetables Choose 1 Fruit Choose a Milk</p> <p>Offered Daily 1% Or Skim MILK • JUICE 100%FRESH FRUIT ALL BREADS ARE WHEAT *Menu Subject to Change</p>			

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