

# Portsmouth Public Schools • Food Services

## September 2019

### PRE-K LUNCH MENU



Breakfast for Mondays:

Breakfast for Tuesdays:

Breakfast for Wednesdays:

Breakfast for Thursday:

Breakfast for Fridays:

**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

**Choose 1**  
Assorted Breakfast Cereal  
Mini Waffles (w/g)  
(W/G ) Donuts  
**Choose 2**  
Fresh Fruit  
Canned Fruit  
100% Juice  
&  
1% or Skim Milk

**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

**Choose 1**  
Assorted Breakfast Cereal  
Breakfast Pizza (w/g)  
(W/G ) Donuts  
**Choose 2**  
Fresh Fruit  
Canned Fruit  
100% Juice  
&  
1% or Skim Milk

**Choose 1**  
Assorted Breakfast Cereal  
Mini Pancakes (w/g)  
(W/G ) Donuts  
**Choose 2**  
Fresh Fruit  
Canned Fruit  
100% Juice  
&  
1% or Skim Milk

TUESDAY 3

WEDNESDAY 4

THURSDAY 5

FRIDAY 6



Chicken Nuggets  
w/Bread Stick (w/g)  
Cal (340) Carbs (37)  
Chef Salad  
(Croutons & Crackers)  
Steamed Carrots & Side Salad  
Fresh Orange  
1% or Skim Milk



Grilled Cheese Sandwich  
Cal (229) Carbs (16)  
Chef Salad  
(Croutons & Crackers)  
Black-eyed Peas &  
Side Salad  
Fresh Apple or Canned  
Fruit  
1% or Skim Milk

Savory Salisbury Steak  
w/Brown Rice & Gravy  
Cal (405) Carbs (50)  
Chef Salad  
(Croutons & Crackers)  
Simmered Corn  
& Side Salad  
Fresh Pear  
1% or Skim Milk



Pepperoni Pizza (w/g)  
Cal (310) Carbs (29)  
Chef Salad  
(Croutons & Crackers)  
Sweet Potato Fries  
& Side Salad  
Fresh Apple or  
Canned Fruit  
1% or Skim Milk

MONDAY 09

TUESDAY 10

WEDNESDAY 11

THURSDAY 12

FRIDAY 13

(w/g) Corn Dog Nuggets  
Cal (250) Carbs (31)  
Chef Salad  
(Croutons & Crackers)  
Vegetarian Baked Beans &  
Stewed Tomatoes &  
Side Salad  
Fresh Apple & Canned Fruit  
1% or Skim Milk

Meaty Hamburger on Bun (w/g)  
Cal (320) Carbs (28)  
Chef Salad  
(Croutons & Crackers)  
Ravishing Spinach & Side  
Salad  
Fresh Orange  
1% or Skim Milk



Chicken Fajitas Wrap (w/g)  
Cal (468) Carbs (78)  
Chef Salad  
(Croutons & Crackers)  
Refried Beans & Side  
Salad  
Fresh Apple or  
Canned Fruit  
1% or Skim Milk

Homemade Spaghetti  
w/ Breadstick  
Cal (432) Carbs (55)  
Chef Salad  
(Croutons & Crackers)  
Sweet Peas  
& Side Salad  
Fresh Pear  
1% or Skim Milk

Pepperoni Pizza (w/g)  
Cal (310) Carbs (29)  
Chef Salad  
(Croutons & Crackers)  
Sweet Potato Fries &  
Side Salad  
Fresh Apple  
or  
Canned Fruit  
1% or Skim Milk



MONDAY 16

TUESDAY 17

WEDNESDAY 18

THURSDAY 19

FRIDAY 20

Zesty Chili Macaroni  
w/Dinner Roll (w/g)  
Cal (343) Carbs (38)  
Chef Salad (Croutons & Crackers)  
Simmered Corn, Mashed Potatoes &  
Side Salad  
Fresh Apple & Canned Fruit  
1% or Skim Milk

Tasty Chicken Sandwich  
Sandwich (w/g)  
Cal (390) Carbs (41)  
Chef Salad  
(Croutons & Crackers)  
Steamed Carrots & Side Salad  
Fresh Orange  
1% or Skim Milk

Meaty Hamburger on Bun (w/g)  
Cal (320) Carbs (28)  
Chef Salad  
(Croutons & Crackers)  
Vegetarian Baked Beans &  
Side Salad  
Fresh Apple or Canned  
Fruit  
1% or Skim Milk



(w/g) Corn Dog Nuggets  
Cal (250) Carbs (31)  
Chef Salad  
(Croutons & Crackers)  
Collard Greens & Side Salad  
Fresh Pear  
1% or Skim Milk

Baked Fish Nuggets  
w/Dinner Roll (w/g)  
Cal (330) Carbs (28)  
Chef Salad  
(Croutons & Crackers)  
Sweet Potato French Fries  
Side Salad  
Fresh Apple or Canned Fruit  
1% or Skim Milk

MONDAY 23

TUESDAY 24

WEDNESDAY 25

THURSDAY 26

FRIDAY 27

Chicken Nuggets w/Dinner Roll  
Cal (290) Carbs (28)  
Chef Salad  
(Croutons & Crackers)  
Fiesta Black Bean Salad &  
Side Salad  
Fresh Apple or Canned Fruit  
1% or Skim Milk

Hot Dog on Bun (w/g)  
Cal (280) Carbs (20)  
Chef Salad  
(Croutons & Crackers)  
Quick Baked Potatoes &  
Side Salad  
Fresh Orange  
1% or Skim Milk

Grilled Cheese Sandwich  
Cal (229) Carbs (16)  
Chef Salad  
(Croutons & Crackers)  
Side Salad &  
Stewed Tomatoes  
Fresh Apple or Canned  
Fruit  
1% or Skim Milk

Homemade Spaghetti  
w/ Breadstick  
Cal (432) Carbs (55)  
Chef Salad  
(Croutons & Crackers)  
Broccoli & Side Salad  
Fresh Pear  
1% or Skim Milk



Pepperoni Pizza (w/g)  
Cal (310) Carbs (29)  
Chef Salad  
(Croutons & Crackers)  
French Fries & Side Salad  
Carrot sticks  
Fresh Apple or Canned Fruit  
1% or Skim Milk



MONDAY 30

Fish Sandwich on Bun (w/g)  
Cal (340) Carbs (43)  
Chef Salad  
(Croutons & Crackers)  
Steamed Spinach & Side Salad  
Fresh Apple or Canned Fruit  
1% or Skim Milk



**Choose 1 Entree**  
**Choose 2 Vegetables**  
**Choose 1 Fruit**  
**Choose a Milk**

**Offered Daily**

1% Or Skim MILK  
• JUICE  
100% FRESH FRUIT  
ALL BREADS ARE WHEAT  
\*Menu Subject to Change

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