



Cross Roads Child Nutrition Services
 School Year 2019-2020
 Grades Pre-K
 Food Based Menu Planning
 Serve

Only 1% unflavored, Fat Free Unflavored can be served to Pre-K.

Pre-K can only be served juice once per day over all meals and snacks.

Offer vs. Serve is not allowed for Pre-K.

Second visit, all food items are A la carte price.

Menus subject to change & ALSO CHEESE SANDWICH IS OFFERED AS ALT. MEAL

Check school calendar for scheduled student holidays/early release days.

| Cycle Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|---|
| Aug. 19-Aug. 23 Sept.30-Oct. 4 Nov. 11-15 Jan.13-17 Feb. 24-28 Apr. 13-17 | Enchiladas Charro Beans Seasoned Corn Sliced Seasonal Fruit Milk | Meatball Sub Sandwich Spinach Cherry Tomatoes/Zucchini Mixed Fruit Milk | Chicken Nuggets Mac and Cheese Savory Green Beans Apple Slices Milk | Pizza Choice Squash Sliced Seasonal Fruit Milk | Hamburger/Cheeseburger Hamburger Garnish Cucumber Slices Cinnamon Applesauce Milk |
| Cycle Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Aug. 26-30 Oct. 7-11 Nov. 18-22 Jan. 20-24 Mar. 2-6 Apr. 20-24 | Steak Fingers Gravy Green Beans Carrot Coins Roll Strawberries Milk | Spaghetti Bowl Breadstick California Blend Vegetables Fruit Cup Milk | Mexican Combo Plate Refried Beans Salsa Sliced Peaches Milk | Hot Dogs Celery Sticks Carrot Sticks Orange Smiles Milk | Popcorn Chicken Roll Broccoli Ranch Style Beans Sliced Seasonal Fruit Milk |
| Cycle Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Sept. 2-6 Oct. 14-18 Dec.2-6 Jan.27-31 Mar.9-13 Apr. 27- May 1 | Pizza Choice Carrot Coins Steamed Broccoli Sliced Grapes Milk | Frito Pie Cucumbers Charro Beans Sliced Fruit Choice Milk | Chicken Nuggets Kidney Beans Garden Salad Pears Milk | Hamburger/Cheeseburger Hamburger Garnish Oven Fries Carrots Orange Smiles Milk | Pulled Pork Sliders Coleslaw Savory Green Beans Chilled Pineapple Milk |
| Cycle Week 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Sept. 9-13 Oct. 21-25 Dec. 9-13 Feb.3-7 Mar. 23-27 May 4-8 | Oven Roasted Chicken Broccoli Roll Baked Beans Sliced Fruit Choice Milk | Nachos Grande Refried Beans Salsa Sliced Tomatoes Cucumber Slices Peaches Milk | Chicken Sandwich Oven Fries Carrot Coins Mandarin Oranges Milk | Asian Bowl Veggie Eggroll Fresh Seasonal Fruit Milk | Pizza Choice Red Bell Pepper Strips Sliced Seasonal Fruit Milk |
| Cycle Week 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Sept. 16-20 Oct.28-Nov.1 Dec. 16-20 Feb. 10-14 Mar. 30- Apr. 3 May 11-15 | Country Fried Steak Strips Gravy Mashed Potatoes Roll Strawberry Cup Milk | Comdogs Baked Beans Cherry Tomatoes Applesauce Milk Variety | Chicken Tenders Gravy Broccoli Sweet Potato Fries Mixed Fruit Milk | Chicken Spaghetti Breadstick Garden Salad Carrots Apple Slices Milk | Fish Sticks Mac and Cheese Coleslaw Savory Green Beans Orange Smiles Milk |
| Cycle Week 6 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Sept. 23-27 Nov. 4-8 Jan.6-10 Feb. 17-21 Apr. 6-10 May 18-22 | Steak Fingers/Gravy Green Beans Carrot Coins Roll Mixed Fruit Milk | Asian Bowl Veggie Eggroll Garden Salad Sliced Seasonal Fruit Milk Variety | Chicken Fried Steak Sandwich Carrot Coins Broccoli Hot Cinnamon Apples Milk Variety | Chili Cheese Dogs Baked Beans Red Bell Pepper Strips Fresh Seasonal Fruit Milk Variety | Popcorn chicken Savory Green Beans Mashed Potatoes Apple Slices Milk |

Extra Entrée: \$1.50 Extra Vegetable: .75 Extra Juice: .50 Extra Fruit: .75 Extra Milk: .50

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