

December 2025

MLK Jr. Education Center Pre-K Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast 2 oz. WG Honey Cheerios, 1/2 c. Pears & Milk Lunch 5 oz. Cheese Pizza, 1/4 c. Apple, 1/4 c. Baby Carrots w/ Ranch & 8 oz. Milk Snack 1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice	2 Breakfast 1 oz. WG Bagel w/ Cream Cheese, 1/2 c. Mixed Fruit & 8 oz. Milk Lunch Beef Taco w/ 1 oz. Beef & 1 oz. Cheese, 1 oz. WG Tortilla, 1/4 c. Pinto Beans, 1/4 c. Fresh Orange, 8 oz. Milk, Taco Sauce Snack 2 oz. Vanilla Yogurt & 1/2 c. WG Grahams	3 Breakfast 2 oz. WG Cornflakes, 1/2 c. Mandarin Oranges & Milk Lunch 1 oz. WG Pancakes, 1 oz. Turkey Sausage, 1/4 c. Fresh Banana, 8 oz. Milk & Syrup Snack 1 oz. Wheat Crackers & 2 oz. Cheese Cubes	4 Breakfast 2 oz. WG Cream Cheese filled Bagel, 1/2 c. Mixed Fruit & 8 oz. Milk Lunch Spaghetti w/ 2 oz. Ground Beef & Cheese & 1 oz. WG Spaghetti Noodles, 1/4 c. Fresh Fruit, 1/4 c. Broccoli & 8 oz. Milk Snack 2 oz. Cottage Cheese & 1/2 c. Diced Peaches	5 Breakfast 2 oz. WG Waffles, 1/2 c. Diced Pears, 8 oz. Milk & Syrup Lunch 5 oz. WG Cheese Pizza, 1/4 c. Fresh Celery w/ Ranch, 1/4 c. Applesauce & 8 oz. Milk Snack 1/2 c. Fresh Apples & 1 oz. String Cheese
8 Breakfast 2 oz. WG Rice Chex Cereal, 1/2 c. Diced Pineapples & 8 oz. Milk Lunch 2 oz. Cheeseburger on 2 oz. WG Bun, 1/4 c. Fresh Red Apple, 1/4 c. Sweet Potato Wedges, Ketchup & 8 oz. Milk Snack 1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice	9 Breakfast 2 oz. WG French Toast 1/2 c. Diced Pears, 8 oz. Milk & Syrup Lunch Chicken Fajitas Bowl w/ 2 oz. Chicken, 1 oz. Cheese, 1 oz. WG Rice, 1/4 c. Black Beans & Corn, 1/4 c. Fresh Orange & 8 oz. Milk Snack 1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt	10 Breakfast 1 oz. WG Graham Crackers, 1/2 c. Diced Peaches & 8 oz. Milk Lunch (5) Boneless BBQ Chicken Wings, 2 oz. WG Corn Muffin, 1/4 c. Fresh Fruit, 1/4 c. Garlic & Rosemary Potatoes & 8 oz. Milk Snack 1 oz. String Cheese & 1/2 c. Fresh Cucumbers	11 Breakfast 1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly Lunch Chicken Alfredo w/ 2 oz. Chicken, 1 oz. Cheese & 1 oz. WG Pasta, 1/4 c. Fresh Pear, 1/4 c. Broccoli, & 8 oz. Milk Snack 1 oz. WG Cheese Goldfish & 1/2 c. Applesauce	12 Breakfast 1 oz. WG Apple Cinnamon Muffin, 1/2 c. Mixed Fruit & 8 oz. Milk Lunch 5 oz. Cheese Pizza, 1/2 c. Fresh Carrots w/ Ranch, 1/4 c. Mandarin Oranges, Ranch Dressing & 8 oz. Milk Snack Ants on a Log: 1/4 c. Celery Sticks, 1 oz. Cream Cheese & 1/4 c. Raisins
15 Breakfast 2 oz. Cheerios Cereal, 1/2 c. Applesauce & Milk Lunch (4) Chicken Nuggets, 1/4 c. Sweet Potato Crinkle Fries, 1/4 c. Fresh Orange, BBQ Sauce, Ketchup & 8 oz. Milk Snack 1 oz. Wheat Crackers & 2 oz. Cheese Cubes	16 Breakfast 2 oz. WG Waffles, 1/2 c. Diced Pineapples, 8 oz. Milk & Syrup Lunch Mexican Nacho w/ 1 oz. Beef & 1 oz. Cheese, 1/4 c. Fresh Orange, 1/4 c. Black Beans, 1 oz. WG Corn Chips, Taco Sauce & 8 oz. Milk Snack 2 oz. Vanilla Yogurt & 1/2 c. WG Grahams	17 Breakfast 2 oz. WG Rice Chex, 1/2 c. Diced Pears & 8 oz. Milk Lunch Mashed Potato Bowl w/ (6) Popcorn Chicken & Cheese, 1 oz. WG Dinner Roll, 1/4 c. Corn & Mashed Potatoes, 1/4 c. Fresh Banana & 8 oz. Milk Snack 1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice	18 Breakfast 1 oz. WG Bagel w/ Cream Cheese, 1/2 c. Mixed Fruit & 8 oz. Milk Lunch 4 oz. Cheeseburger Mac w/ Elbow Noodles, 1/2 c. Glazed Carrots, 1/4 c. Fresh Fruit & Milk Snack 2 oz. Cottage Cheese & 1/2 c. Diced Peaches	19 Breakfast 2 oz. WG Triple Berry Crunch Bar, 1/2 c. Mandarin Oranges & 8 oz. Milk Lunch 5 oz. WG Cheese Pizza, 1/4 c. Mandarin Oranges, 1/2 c. Side Salad w/ Ranch & 8 oz. Milk Snack 1/2 c. Fresh Apples & 1 oz. String Cheese
Happy Holidays	Happy Holidays	Happy Holidays	Happy Holidays	Happy Holidays
Happy Holidays	Happy Holidays	Happy Holidays	This institution is an equal opportunity provider. *Menu items are subject to change based on availability.* Choice of Milk: FF Chocolate, FF White or Lactose	

