

November 2025

MLK Jr. Education Center Pre-K Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 VOTE ELECTION DAY	5 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	6 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	7 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
10 Breakfast 2 oz. WG Banana Muffin, 1/2 c. Mixed Fruit & 8 oz. Milk Lunch 2 oz. WG Chicken Patty Sandwich on 2 oz. WG Bun, 1/4 c. Fresh Red Apple, 1/4 c. Sweet Potato Wedges, Mayo, Ketchup & 8 oz. Milk Snack 1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice	11 Breakfast 2 oz. WG French Toast, 1/2 c. Applesauce, 8 oz. Milk & Syrup 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 1 oz. String Cheese & 1/2 c. Fresh Cucumbers	12 Breakfast 1 oz. WG Rice Krispies, 1/2 c. Diced Pineapples & 8 oz. Milk Lunch Turkey Deli Sub w/ 2 oz. Turkey & Cheese, 2 oz. WG Sub Bun, Potato Wedges, Ketchup & 8 oz. Milk Snack Ants on a Log: 1/4 c. Celery Sticks, 1 oz. Cream Cheese & 1/4 c. Raisins	13 Breakfast 2 oz. WG Waffles, 1/2 c. Diced Pears, 8 oz. Milk & Syrup Lunch Italian Mostaccioli w/ 2 oz. Beef & Cheese, 1/4 c. Marinara, 2 oz. WG Penne, 1/2 c. Green Beans, 1/4 c. Fresh Pear & Milk Snack 1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt	14 Breakfast 1 oz. WG Honey Cheerios, 1/2 c. Diced Peaches & 8 oz. Milk Lunch 5 oz. Cheese Pizza, 1/2 c. Fresh Broccoli w/ Ranch, 1/4 c. Fresh Fruit & 8 oz. Milk Snack 1 oz. WG Cheese Goldfish & 1/2 c. Applesauce
17 Breakfast 2 oz. WG Cornflakes, 1/2 c. Mandarin Oranges & Milk Lunch Meatball Sub w/ (4) Meatballs & 1 oz. Cheese, 1 oz. Marinara, 1/2 c. Fresh Orange, 3/4 c. Sweet Potato Fries, Ketchup & 8 oz. Milk Snack 1 oz. Wheat Crackers & 2 oz. Cheese Cubes	18 Breakfast 1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly 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 Apple & 8 oz. Milk Snack 1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice	19 Breakfast 1 oz. WG Graham Crackers, 1/2 c. Applesauce & 8 oz. Milk Lunch 2 oz. Baked Chicken Breast, 3/4 c. Garlic & Rosemary Potatoes, 2 oz. WG Corn Muffin, Fresh Banana, BBQ Sauce, Ketchup & 8 oz. Milk Snack 2 oz. Cottage Cheese & 1/2 c. Diced Peaches	20 Breakfast 1 oz. WG Pancakes, 1 oz. Turkey Sausage, 1/4 c. Fresh Banana, 8 oz. Milk & Syrup Lunch 6 oz. Macaroni & Cheese, 1/2 c. Broccoli, Fresh Fruit & 8 oz. Milk Snack 1/2 c. Fresh Apples & 1 oz. String Cheese	21 Breakfast 2 oz. WG Rice Chex, 1/2 c. Diced Pears & 8 oz. Milk Lunch 5 oz. WG Cheese Pizza, 1/4 c. Fresh Celery w/ Ranch, 1/4 c. Applesauce & 8 oz. Milk Snack 1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice
24 Breakfast 1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly Lunch 3- Chicken Tenders, 1/4 c. Sweet Potato Crinkle Fries, 1/4 c. Fresh Red Apple, Ketchup, BBQ Sauce & 8 oz. Milk Snack 1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt	25 Breakfast 1 oz. WG Grahams, 1/2 c. Mandarin Oranges, & 8 oz. Milk 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 1 oz. String Cheese & 1/2 c. Fresh Cucumbers	26 NO SCHOOL Thanksgiving Break	27 NO SCHOOL Thanksgiving Break	28 NO SCHOOL Thanksgiving Break