

### **Gulf Coast**

### **Breakfast Preschool EHS - Vegetarian**

	Breakfast Entree Cinnamon Toast Crunch Fruit Diced Peaches	Breakfast Entree Mini Maple Pancakes Fruit Banana	Breakfast Entree Blueberry Belgian Waffle Fruit Mixed Fruit	Breakfast Entree Whole Grain Strawberry Break Bar Fruit Applesauce
Breakfast Entree Cinnamon Toast Crunch Fruit Diced Pears	Breakfast Entree Chicken Sausage & Cheese Stuffed Maple Waffle Maple Belgian Waffle Fruit Diced Peaches	Breakfast Entree Mini Cinnamon Waffles Fruit Banana	Breakfast Entree Mini Blueberry Pancakes Fruit Mixed Fruit	Breakfast Entree Cinnamon Cream Cheese Mini Bagels Fruit Applesauce
Breakfast 14 Entree Cocoa Puffs Cereal Fruit Pears	Breakfast Entree Apple Cinnamon Muffin Fruit Diced Peaches	Breakfast Entree Egg & Cheese Hashbrown Fruit Banana	Breakfast Entree Honey Chicken Biscuit Biscuit & Honey Fruit Mixed Fruit	18
Breakfast Entree Trix Cereal Fruit Pears	Breakfast Entree Honey Cheerios Fruit Diced Peaches	Breakfast Entree Mini Confetti Pancakes Fruit Banana	Breakfast Entree NEW! Egg, Cheese, & Turkey Sausage Breakfast Scrambler Biscuit & Jelly Fruit Clementine	Breakfast Entree Rice Chex Cereal Fruit Applesauce
Breakfast Entree Cinnamon Toast Crunch Fruit Diced Pears	Breakfast Entree Mini Maple Pancakes Fruit Diced Peaches	Breakfast Entree Breakfast Turkey Sausage Pizza Breakfast Cheese Pizza Fruit Clementine	_	

All K-12 Breakfast and Lunch are served with a choice of milk. Preschool and Supper meals are served with 1% white milk. Milk is not offered at snack.



# Gulf Coast Breakfast Preschool - Veg Option

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	Breakfast Entree Cinnamon Toast Crunch Fruit Diced Peaches	Breakfast 2 Entree Mini Maple Pancakes Fruit Banana	Breakfast Entree Blueberry Belgian Waffle Fruit Mixed Fruit	Breakfast Entree Whole Grain Strawberry Break Bar Fruit Applesauce
Breakfast Entree Cinnamon Toast Crunch Fruit Diced Pears	Breakfast Entree Chicken Sausage & Cheese Stuffed Maple Waffle Maple Belgian Waffle Fruit Diced Peaches	Breakfast Entree Mini Cinnamon Waffles Fruit Banana	Breakfast Entree Mini Blueberry Pancakes Fruit Mixed Fruit	Breakfast Entree Cinnamon Cream Cheese Mini Bagels Fruit Applesauce
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Breakfast Entree Trix Cereal Fruit Pears	Breakfast Entree Honey Cheerios Fruit Diced Peaches	Breakfast Entree Mini Confetti Pancakes Fruit Banana	Breakfast Entree NEW! Egg, Cheese, & Turkey Sausage Breakfast Scrambler Biscuit & Jelly Fruit Clementine	Breakfast Entree Rice Chex Cereal Fruit Applesauce
Breakfast Entree Cinnamon Toast Crunch Fruit Diced Pears	Breakfast Entree Mini Maple Pancakes Fruit Diced Peaches	Breakfast Entree Breakfast Turkey Sausage Pizza Breakfast Cheese Pizza Fruit		

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Clementine



### **Gulf Coast**

#### **Lunch Preschool EHS - Vegetarian**

<b></b>			Lunch Preschool EHS - Vegetarian		
	Lunch Entree Chicken Fajita Walking Taco Vegetables Pinto Beans Fruit Mixed Fruit	Lunch Entree Chicken Parmesan Penne Pasta Fruit Blueberries	Lunch Entree NEW!! Loaded Fries with Ground Beef & Queso Fruit Pears	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Diced Peaches	
Lunch Entree Cheeseburger Vegetables Wedge Cut Fries Fruit Applesauce	Lunch Entree Chicken Tenders & Ketchup Vegetables Onion Rings Fruit Mixed Fruit	Lunch Entree Chicken Alfredo Vegetables Diced Carrots Fruit Blueberries	Lunch Entree Crispy Beef Taco Beef Taco Vegetables Pinto Beans Fruit Pears	Lunch Entree Mini Beef Pepperoni Calzones Vegetables Diced Carrots Fruit Diced Peaches	
Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Twister Fries Fruit Applesauce	Lunch Entree Grilled Cheese Vegetables Baked Beans Fruit Mixed Fruit	Lunch Entree Crispy Orange Chicken with Rice Vegetables Broccoli Fruit Blueberries	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes Fruit Pears	18	
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Creamed Corn Fruit Applesauce	Lunch Entree BBQ Chicken Slider Vegetables Green Beans Fruit Mixed Fruit	Lunch Entree Cheeseburger Mac Fruit Blueberries	Lunch Entree Beef & Cheese Quesadilla Vegetables Pinto Beans Fruit Pears	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Diced Peaches	
Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Corn Fruit Applesauce	Lunch Entree Grilled Cheese Vegetables Broccoli Fruit Mixed Fruit	Lunch Entree Breakfast for Lunch: Scrambled Eggs & Biscuit Vegetables Tater Tots Fruit Blueberries			

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## Gulf Coast Lunch Preschool - Veg Option

	<b>I</b>			Lunch Preschool - Veg Option		
	Lunch Entree Chicken Fajita Walking Taco Vegetables Pinto Beans Fruit Mixed Fruit	Lunch Entree Chicken Parmesan Penne Pasta Fruit Blueberries	Lunch Entree NEW!! Loaded Fries with Ground Beef & Queso Fruit Pears	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Diced Peaches		
Lunch Entree Cheeseburger Vegetables Wedge Cut Fries Fruit Applesauce	Lunch Entree Chicken Tenders & Ketchup Vegetables Onion Rings Fruit Mixed Fruit	Lunch Entree Chicken Alfredo Vegetables Diced Carrots Fruit Blueberries	Lunch Entree Crispy Beef Taco Beef Taco Vegetables Pinto Beans Fruit Pears	Lunch Entree Mini Beef Pepperoni Calzones Vegetables Diced Carrots Fruit Diced Peaches		
Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Twister Fries Fruit Applesauce	Lunch Entree Grilled Cheese Vegetables Baked Beans Fruit Mixed Fruit	Crispy Orange Chicken with Rice Vegetables Broccoli Fruit Blueberries	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes Fruit Pears	18		
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Creamed Corn Fruit Applesauce	Lunch Entree BBQ Chicken Slider Vegetables Green Beans Fruit Mixed Fruit	2 Lunch Entree Cheeseburger Mac Fruit Blueberries	Lunch Entree Beef & Cheese Quesadilla Vegetables Pinto Beans Fruit Pears	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Diced Peaches		
Lunch Entree Breaded Whole Muscle Chicken Sandwich Vegetables Corn Fruit Applesauce	Lunch Entree Grilled Cheese Vegetables Broccoli Fruit Mixed Fruit	Lunch Entree Breakfast for Lunch: Scrambled Eggs & Biscuit Vegetables Tater Tots Fruit Blueberries				

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### Gulf Coast Snack Preschool

	Fruit Apple Juice Grains Goldfish Pretzels	Fruit Applesauce Grains Cheez-It Crackers	Breakfast Entree Honey Graham Crackers Fruit Red Apple Slices	Breakfast Entree Animal Crackers Fruit Apple Juice
Fruit Orange Grains Cheddar Goldfish	Fruit Apple Juice Grains Giant Vanilla Goldfish	Grains Birthday Cake Graham Crackers Misc. String Cheese	Fruit Applesauce Grains Cheddar Chex Mix	Fruit Apple Juice Grains Scooby-Doo!™ Graham Cracker Sticks
Grains Keebler Cinnamon Bug Graham Bites Misc. String Cheese	Fruit Apple Juice Grains Honey Maid Little Squares	Grains Heart Shaped Pretzels Condiments Wowbutter	Breakfast Entree Animal Crackers Fruit Apple Crisps	18
Fruit Orange Grains Smart Crackers	Fruit Apple Juice Grains Goldfish Pretzels	Fruit Applesauce Grains Cheez-It Crackers	Breakfast Entree Honey Graham Crackers Fruit Red Apple Slices	Breakfast Entree Animal Crackers Fruit Apple Juice
Fruit Orange Grains Cheddar Goldfish	Fruit Apple Juice Grains Giant Vanilla Goldfish	Grains Birthday Cake Graham Crackers Misc. String Cheese		

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