



# May

## Gulf Coast

### Breakfast Preschool EHS - Vegetarian

			<b>Breakfast Entree 1</b> Mini Blueberry Pancakes  <b>Fruit</b> Mixed Fruit	<b>2</b>
<b>Breakfast Entree 5</b> Trix Cereal  <b>Fruit</b> Pears	<b>Breakfast Entree 6</b> Chicken Sausage & Cheese Stuffed Maple Waffle  Maple Belgian Waffle  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 7</b> Biscuit & Jelly  <b>Fruit</b> Banana	<b>Breakfast Entree 8</b> Cinnamon Toast Crunch Mini French Toast  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 9</b> Apple Cinnamon Muffin  <b>Fruit</b> Applesauce
<b>Breakfast Entree 12</b> Rice Chex Cereal  <b>Fruit</b> Pears	<b>Breakfast Entree 13</b> Mini Confetti Pancakes  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 14</b> Maple Belgian Waffle  <b>Fruit</b> Banana	<b>Breakfast Entree 15</b> Honey Chicken Biscuit Honey Veggie Nugget Biscuit  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 16</b> Honey Cheerios  <b>Fruit</b> Applesauce
<b>Breakfast Entree 19</b> Trix Cereal  <b>Fruit</b> Pears	<b>Breakfast Entree 20</b> Maple Waffles  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 21</b> Apple Cinnamon Texas Toast  <b>Fruit</b> Banana	<b>Breakfast Entree 22</b> Turkey Sausage Biscuit Biscuit & Honey  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 23</b> Cheerios  <b>Fruit</b> Applesauce
<b>26</b>	<b>Breakfast Entree 27</b> Cinnamon Toast Crunch  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 28</b> Egg, Cheese, & Turkey Sausage Breakfast Scrambler Breakfast Cheese Pizza  <b>Fruit</b> Banana	<b>Breakfast Entree 29</b> Cinnamon Snack'n Waffle  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 30</b> Orange Mini Muffin  <b>Fruit</b> Applesauce

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.

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### Breakfast Preschool - Veg Option

			<b>Breakfast Entree 1</b> Mini Blueberry Pancakes  <b>Fruit</b> Mixed Fruit	<b>2</b>
<b>Breakfast Entree 5</b> Trix Cereal  <b>Fruit</b> Pears	<b>Breakfast Entree 6</b> Chicken Sausage & Cheese Stuffed Maple Waffle  Maple Belgian Waffle  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 7</b> Biscuit & Jelly  <b>Fruit</b> Banana	<b>Breakfast Entree 8</b> Cinnamon Toast Crunch Mini French Toast  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 9</b> Apple Cinnamon Muffin  <b>Fruit</b> Applesauce
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<b>Breakfast Entree 19</b> Trix Cereal  <b>Fruit</b> Pears	<b>Breakfast Entree 20</b> Maple Waffles  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 21</b> Apple Cinnamon Texas Toast  <b>Fruit</b> Banana	<b>Breakfast Entree 22</b> Turkey Sausage Biscuit Biscuit & Honey  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 23</b> Cheerios  <b>Fruit</b> Applesauce
<b>26</b>	<b>Breakfast Entree 27</b> Cinnamon Toast Crunch  <b>Fruit</b> Diced Peaches	<b>Breakfast Entree 28</b> Egg, Cheese, & Turkey Sausage Breakfast Scrambler Breakfast Cheese Pizza  <b>Fruit</b> Banana	<b>Breakfast Entree 29</b> Cinnamon Snack'n Waffle  <b>Fruit</b> Mixed Fruit	<b>Breakfast Entree 30</b> Orange Mini Muffin  <b>Fruit</b> Applesauce

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### Lunch Preschool EHS - Vegetarian

			<b>Lunch Entree</b> Chicken Parmesan Penne Pasta Parmesan Penne Pasta <b>Fruit</b> Pears	
<b>Lunch Entree</b> Breaded Chicken Sandwich Plant-Based Breaded Patty Sandwich <b>Vegetables</b> Dill Pickle Chips <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Beef & Cheese Quesadilla Cheese Quesadilla <b>Vegetables</b> Pinto Beans <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Chicken Tenders & Ketchup Veggie Nuggets <b>Vegetables</b> Creamed Corn <b>Fruit</b> Blueberries	<b>Lunch Entree</b> Cheeseburger Mac Veggie Nuggets + Mac & Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Pears	<b>Lunch Entree</b> NEW!! Supreme Pizza Deep Dish Cheese Pizza <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Cheeseburger Black Bean Burger + Cheese <b>Vegetables</b> Broccoli <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Chicken Fajita Walking Taco Cheese Walking Taco <b>Vegetables</b> Pinto Beans <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Rotini & Meatsauce Rotini with Spaghetti Sauce and Mozzarella Cheese <b>Fruit</b> Blueberries	<b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes Veggie Nuggets Bowl <b>Fruit</b> Pears	<b>Lunch Entree</b> Pizza Crunchers <b>Vegetables</b> Broccoli <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Beef Brisket Sandwich Grilled Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Crispy Orange Chicken with Rice Orange Veggie Nuggets with Rice <b>Vegetables</b> Green Beans <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Chicken Alfredo Penne Pasta Alfredo <b>Vegetables</b> Diced Carrots <b>Fruit</b> Blueberries	<b>Lunch Entree</b> Cheese & Green Chile Tamale <b>Vegetables</b> Creamed Corn <b>Fruit</b> Pears	<b>Lunch Entree</b> Mini Beef Pepperoni Calzones Deep Dish Cheese Pizza <b>Vegetables</b> Broccoli <b>Fruit</b> Diced Peaches
	<b>Lunch Entree</b> Cheeseburger Black Bean Burger + Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Chicken Nuggets Veggie Nuggets <b>Vegetables</b> Baked Beans <b>Fruit</b> Blueberries	<b>Lunch Entree</b> Breakfast for Lunch: Scrambled Eggs & Mini Pancakes <b>Vegetables</b> Tater Tots <b>Fruit</b> Pears	<b>Lunch Entree</b> Italian Pull Apart Cheese & Garlic Bread <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches <b>Condiments</b> Marinara Sauce Dunk Cup



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### Lunch Preschool - Veg Option

			<b>Lunch Entree</b> Chicken Parmesan Penne Pasta Parmesan Penne Pasta <b>Fruit</b> Pears	
<b>Lunch Entree</b> Breaded Chicken Sandwich Plant-Based Breaded Patty Sandwich <b>Vegetables</b> Dill Pickle Chips <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Beef & Cheese Quesadilla Cheese Quesadilla <b>Vegetables</b> Pinto Beans <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Chicken Tenders & Ketchup Veggie Nuggets <b>Vegetables</b> Creamed Corn <b>Fruit</b> Blueberries	<b>Lunch Entree</b> Cheeseburger Mac Veggie Nuggets + Mac & Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Pears	<b>Lunch Entree</b> NEW!! Supreme Pizza Deep Dish Cheese Pizza <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Cheeseburger Black Bean Burger + Cheese <b>Vegetables</b> Broccoli <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Chicken Fajita Walking Taco Cheese Walking Taco <b>Vegetables</b> Pinto Beans <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Rotini & Meatsauce Rotini with Spaghetti Sauce and Mozzarella Cheese <b>Fruit</b> Blueberries	<b>Lunch Entree</b> "Fried" Chicken Bowl with Mashed Potatoes Veggie Nuggets Bowl <b>Fruit</b> Pears	<b>Lunch Entree</b> Pizza Crunchers <b>Vegetables</b> Broccoli <b>Fruit</b> Diced Peaches
<b>Lunch Entree</b> Beef Brisket Sandwich Grilled Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Applesauce	<b>Lunch Entree</b> Crispy Orange Chicken with Rice Orange Veggie Nuggets with Rice <b>Vegetables</b> Green Beans <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Chicken Alfredo Penne Pasta Alfredo <b>Vegetables</b> Diced Carrots <b>Fruit</b> Blueberries	<b>Lunch Entree</b> Cheese & Green Chile Tamale <b>Vegetables</b> Creamed Corn <b>Fruit</b> Pears	<b>Lunch Entree</b> Mini Beef Pepperoni Calzones Deep Dish Cheese Pizza <b>Vegetables</b> Broccoli <b>Fruit</b> Diced Peaches
	<b>Lunch Entree</b> Cheeseburger Black Bean Burger + Cheese <b>Vegetables</b> Creamed Corn <b>Fruit</b> Mixed Fruit	<b>Lunch Entree</b> Chicken Nuggets Veggie Nuggets <b>Vegetables</b> Baked Beans <b>Fruit</b> Blueberries	<b>Lunch Entree</b> Breakfast for Lunch: Scrambled Eggs & Mini Pancakes <b>Vegetables</b> Tater Tots <b>Fruit</b> Pears	<b>Lunch Entree</b> Italian Pull Apart Cheese & Garlic Bread <b>Vegetables</b> Diced Carrots <b>Fruit</b> Diced Peaches

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## Gulf Coast Snack Preschool

			<b>Fruit</b> Apple Juice <b>Grains</b> Goldfish Pretzels	<b>1</b>	<b>2</b>				
<b>Fruit</b> Red Apple Slices <b>Grains</b> Scooby-Doo!™ Graham Cracker Sticks	<b>5</b>	<b>Breakfast Entree</b> Animal Crackers <b>Fruit</b> Apple Juice	<b>6</b>	<b>Fruit</b> Orange <b>Grains</b> Cheddar Goldfish	<b>7</b>	<b>Fruit</b> Apple Juice <b>Grains</b> Giant Vanilla Goldfish	<b>8</b>	<b>Grains</b> Birthday Cake Graham Crackers <b>Misc.</b> String Cheese	<b>9</b>
<b>Fruit</b> Applesauce <b>Grains</b> Cheddar Chex Mix	<b>12</b>	<b>Fruit</b> Apple Juice <b>Grains</b> Scooby-Doo!™ Graham Cracker Sticks	<b>13</b>	<b>Grains</b> Keebler Cinnamon Bug Graham Bites <b>Misc.</b> String Cheese	<b>14</b>	<b>Fruit</b> Apple Juice <b>Grains</b> Honey Maid Little Squares	<b>15</b>	<b>Grains</b> Heart Shaped Pretzels <b>Condiments</b> Wowbutter	<b>16</b>
<b>Breakfast Entree</b> Animal Crackers <b>Fruit</b> Apple Crisps	<b>19</b>	<b>Fruit</b> Apple Juice <b>Grains</b> Strawberry Yogurt Snack Mix	<b>20</b>	<b>Fruit</b> Orange <b>Grains</b> Smart Crackers	<b>21</b>	<b>Fruit</b> Apple Juice <b>Grains</b> Goldfish Pretzels	<b>22</b>	<b>Fruit</b> Applesauce <b>Grains</b> Cheez-It Crackers	<b>23</b>
	<b>26</b>	<b>Breakfast Entree</b> Animal Crackers <b>Fruit</b> Apple Juice	<b>27</b>	<b>Fruit</b> Orange <b>Grains</b> Cheddar Goldfish	<b>28</b>	<b>Fruit</b> Apple Juice <b>Grains</b> Giant Vanilla Goldfish	<b>29</b>	<b>Grains</b> Birthday Cake Graham Crackers <b>Misc.</b> String Cheese	<b>30</b>

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