

### May

iviay			Breakfast Preschoo	l EHS - Vegetarian
			Breakfast Entree  Mini Blueberry Pancakes  Fruit  Mixed Fruit	
Breakfast Entree Trix Cereal Fruit Pears	Breakfast Entree Chicken Sausage & Cheese Stuffed Maple Waffle Maple Belgian Waffle Fruit Diced Peaches	Breakfast Entree Biscuit & Jelly Fruit Banana	Breakfast Entree Cinnamon Toast Crunch Mini French Toast Fruit Mixed Fruit	Breakfast Entree Apple Cinnamon Muffin Fruit Applesauce
Breakfast Entree Rice Chex Cereal Fruit Pears	Mini Confetti Pancakes  Fruit Diced Peaches	Maple Belgian Waffle  Fruit Banana	Breakfast Entree Honey Chicken Biscuit Honey Veggie Nugget Biscuit  Fruit Mixed Fruit	Breakfast Entree Honey Cheerios Fruit Applesauce
Breakfast Entree Trix Cereal Fruit Pears	Maple Waffles  Fruit  Diced Peaches	Apple Cinnamon Texas Toast  Fruit Banana  Breakfast Entree  Egg, Cheese, & Turkey Sausage Breakfast Scrambler  Breakfast Cheese Pizza	Breakfast Entree Turkey Sausage Biscuit Biscuit & Honey Fruit Mixed Fruit  Breakfast Entree Cinnamon Snack'n Waffle Fruit Mixed Fruit	Breakfast Entree Cheerios Fruit Applesauce  Breakfast Entree Orange Mini Muffin Fruit 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.

This institution is an equal opportunity provider.



### May

### Gulf Coast Breakfast Preschool - Veg Option

Breakfast Preschool - Veg Optio				chool - Veg Option
Breakfast Entree 5	Breakfast Entree 6	Breakfast Entree 7	Breakfast Entree Mini Blueberry Pancakes Fruit Mixed Fruit  Breakfast Entree  8	Breakfast Entree
Trix Cereal  Fruit Pears	Chicken Sausage & Cheese Stuffed Maple Waffle Maple Belgian Waffle  Fruit Diced Peaches	Biscuit & Jelly  Fruit  Banana	Cinnamon Toast Crunch Mini French Toast Fruit Mixed Fruit	Apple Cinnamon Muffin  Fruit  Applesauce
Breakfast Entree Rice Chex Cereal Fruit Pears	Mini Confetti Pancakes  Fruit Diced Peaches	Breakfast Entree Maple Belgian Waffle Fruit Banana	Honey Chicken Biscuit Honey Veggie Nugget Biscuit  Fruit Mixed Fruit	Breakfast Entree Honey Cheerios Fruit Applesauce
Breakfast Entree Trix Cereal Fruit Pears	Maple Waffles  Fruit  Diced Peaches	Breakfast Entree 21 Apple Cinnamon Texas Toast Fruit Banana  Breakfast Entree 28	Breakfast Entree Turkey Sausage Biscuit Biscuit & Honey Fruit Mixed Fruit  Breakfast Entree  22	Breakfast Entree Cheerios Fruit Applesauce  Breakfast Entree 3
26	Cinnamon Toast Crunch  Fruit  Diced Peaches	Egg, Cheese, & Turkey Sausage Breakfast Scrambler Breakfast Cheese Pizza  Fruit Banana	Cinnamon Snack'n Waffle  Fruit Mixed Fruit	Orange Mini Muffin  Fruit  Applesauce

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Marinara Sauce Dunk Cup

May				Gulf Coast
iviay			<b>Lunch Preschoo</b>	l EHS - Vegetarian
			Lunch Entree 1	
			Chicken Parmesan Penne Pasta	
			Parmesan Penne Pasta	
			Fruit	
			Pears	
Lunch Entree 5	Lunch Entree 6	Lunch Entree 7	Lunch Entree 8	Lunch Entree
Breaded Chicken Sandwich	Beef & Cheese Quesadilla	Chicken Tenders & Ketchup	Cheeseburger Mac	NEW!! Supreme Pizza
Plant-Based Breaded Patty	Cheese Quesadilla	Veggie Nuggets	Veggie Nuggets + Mac &	Deep Dish Cheese Pizza
Sandwich	Vegetables	Vegetables	Cheese	Vegetables
Vegetables	Pinto Beans	Creamed Corn	Vegetables	Diced Carrots
Dill Pickle Chips	Fruit	Fruit	Creamed Corn	Fruit
Fruit	Mixed Fruit	Blueberries	Fruit	Diced Peaches
Applesauce			Pears	
Lunch Entree 12	Lunch Entree 13	Lunch Entree 14	Lunch Entree 15	Lunch Entree
Cheeseburger	Chicken Fajita Walking Taco	Rotini & Meatsauce	"Fried" Chicken Bowl with Mashed Potatoes	Pizza Crunchers
Black Bean Burger + Cheese	Cheese Walking Taco	Rotini with Spaghetti Sauce and Mozzarella Cheese	Veggie Nuggets Bowl	Vegetables
	Vegetables	Fruit	Fruit	Broccoli
Vegetables Broccoli	Pinto Beans	Blueberries	Pears	Fruit
	Fruit	blueperries	reals	Diced Peaches
Fruit Applesauce	Mixed Fruit			
Lunch Entree 19		Lunch Entree 21	Lunch Entree 22	Lunch Entree
Beef Brisket Sandwich	Crispy Orange Chicken with Rice	Chicken Alfredo	Cheese & Green Chile Tamale	Mini Beef Pepperoni Calzones
Grilled Cheese	Orange Veggie Nuggets with	Penne Pasta Alfredo	Vegetables	Deep Dish Cheese Pizza
Vegetables	Rice	Vegetables	Creamed Corn	Vegetables
Creamed Corn	Vegetables	Diced Carrots	Fruit	Broccoli
Fruit	Green Beans	Fruit	Pears	Fruit
Applesauce	Fruit	Blueberries		Diced Peaches
	Mixed Fruit			
26	Lunch Entree 27	Lunch Entree 28	Lunch Entree 29	Lunch Entree
	Cheeseburger	Chicken Nuggets	Breakfast for Lunch:	Italian Pull Apart Cheese &
	Black Bean Burger +	Veggie Nuggets	Scrambled Eggs & Mini Pancakes	Garlic Bread
	Cheese	Vegetables	Vegetables	Vegetables
	Vegetables	Baked Beans	Tater Tots	Diced Carrots
	Creamed Corn	Fruit	Fruit	Fruit
	Fruit	Blueberries	Pears	Diced Peaches
	Mixed Fruit			Condiments



## May

# Gulf Coast Lunch Preschool - Veg Option

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



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

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