

May				Gulf Coast
			Breakfast Preschoo	EHS - Vegetaria
			Breakfast Entree 1 Mini Blueberry Pancakes Fruit Mixed Fruit	Breakfast Entree Mini Bagels w/ Strawberry Cream Cheese Fruit Applesauce
Breakfast Entree 5	Breakfast Entree 6	Breakfast Entree 7	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 12	Breakfast Entree 13	Breakfast Entree 14	Breakfast Entree 15	Breakfast Entree
Rice Chex Cereal	Mini Confetti Pancakes	Maple Belgian Waffle	Honey Chicken Biscuit	Honey Cheerios
Fruit Pears	Fruit Diced Peaches	Fruit Banana	Honey Veggie Nugget Biscuit Fruit Mixed Fruit	Fruit Applesauce
Breakfast Entree 19	Breakfast Entree 20	Breakfast Entree 21	22	
Trix Cereal	Maple Waffles	Apple Cinnamon Texas Toast		-
Pears	Diced Peaches	Fruit Banana		
26	27	28	29	ł

This institution is an equal opportunity provider.



Gulf Coas Breakfast Preschool - Veg Option						
			Breakfast Entree	CNOOI - VEG OPTIO Breakfast Entree		
			Mini Blueberry Pancakes Fruit Mixed Fruit	Mini Bagels w/ Strawberry Cream Cheese Fruit Applesauce		
Breakfast Entree 5	Breakfast Entree 6	Breakfast Entree 7	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 12	Breakfast Entree 13	Breakfast Entree 14	Breakfast Entree 15	Breakfast Entree		
Rice Chex Cereal	Mini Confetti Pancakes	Maple Belgian Waffle	Honey Chicken Biscuit	Honey Cheerios		
Fruit Pears	Fruit Diced Peaches	Fruit Banana	Honey Veggie Nugget Biscuit Fruit Mixed Fruit	Fruit Applesauce		
Breakfast Entree 19	Breakfast Entree 20	Breakfast Entree 21	22	2		
Trix Cereal Fruit Pears	Maple Waffles Fruit Diced Peaches	Apple Cinnamon Texas Toast Fruit Banana				
26	27	28	29			

This institution is an equal opportunity provider.



Gulf Coast May **Lunch Preschool EHS - Vegetarian** 2 1 Lunch Entree **Lunch Entree** Italian Pull Apart Cheese & Chicken Parmesan Penne Garlic Bread Pasta Parmesan Penne Pasta Vegetables Fruit **Cucumber Slices** Pears Fruit **Diced Peaches** 5 6 7 8 9 Lunch Entree Lunch Entree Lunch Entree **Lunch Entree Lunch Entree** Beef & Cheese Quesadilla Breaded Chicken Sandwich Chicken Tenders & Ketchup Cheeseburger Mac NEW!! Supreme Pizza Plant-Based Breaded Patty Cheese Quesadilla Veggie Nuggets Deep Dish Cheese Pizza Veggie Nuggets + Mac & Sandwich Cheese Vegetables Vegetables Vegetables Vegetables Vegetables Creamed Corn Pinto Beans **Diced Carrots Dill Pickle Chips** Creamed Corn Fruit Fruit Fruit Fruit Fruit Mixed Fruit Blueberries **Diced Peaches** Pears Applesauce 12 13 14 16 15 Lunch Entree Lunch Entree Lunch Entree Lunch Entree **Lunch Entree** Cheeseburger Chicken Fajita Walking Taco Rotini & Meatsauce "Fried" Chicken Bowl with Pizza Crunchers Mashed Potatoes Black Bean Burger + Cheese Walking Taco Rotini with Spaghetti Sauce Vegetables and Mozzarella Cheese Veggie Nuggets Bowl Cheese Vegetables Broccoli Vegetables Fruit Fruit Pinto Beans Fruit Blueberries Broccoli Pears Fruit **Diced Peaches** Fruit Mixed Fruit Applesauce 19 20 21 22 23 Lunch Entree Lunch Entree Lunch Entree Beef Brisket Sandwich Chicken Alfredo Crispy Orange Chicken with Rice Penne Pasta Alfredo **Grilled Cheese** Orange Veggie Nuggets with Vegetables Vegetables Rice Creamed Corn **Diced Carrots** Vegetables Fruit Fruit Green Beans Applesauce Blueberries Fruit Mixed Fruit 30 26 27 28 29



Gulf Coast May **Lunch Preschool - Veg Option** 2 1 Lunch Entree **Lunch Entree** Italian Pull Apart Cheese & Chicken Parmesan Penne Garlic Bread Pasta Parmesan Penne Pasta Vegetables Fruit **Cucumber Slices** Pears Fruit **Diced Peaches** 5 6 7 8 9 Lunch Entree Lunch Entree Lunch Entree **Lunch Entree Lunch Entree** Breaded Chicken Sandwich Beef & Cheese Quesadilla Chicken Tenders & Ketchup Cheeseburger Mac NEW!! Supreme Pizza Plant-Based Breaded Patty Cheese Quesadilla Deep Dish Cheese Pizza Veggie Nuggets Veggie Nuggets + Mac & Sandwich Cheese Vegetables Vegetables Vegetables Vegetables Vegetables Pinto Beans Creamed Corn **Diced Carrots Dill Pickle Chips** Creamed Corn Fruit Fruit Fruit Fruit Fruit Mixed Fruit Blueberries **Diced Peaches** Pears Applesauce 12 13 14 15 16 Lunch Entree Lunch Entree **Lunch Entree Lunch Entree Lunch Entree** Cheeseburger Chicken Fajita Walking Taco Rotini & Meatsauce "Fried" Chicken Bowl with Pizza Crunchers Mashed Potatoes Cheese Walking Taco Rotini with Spaghetti Sauce Black Bean Burger + Vegetables and Mozzarella Cheese Veggie Nuggets Bowl Cheese Vegetables Broccoli Vegetables Fruit Fruit Pinto Beans Fruit Blueberries Broccoli Pears Fruit **Diced Peaches** Fruit Mixed Fruit Applesauce 19 20 21 22 23 Lunch Entree Lunch Entree Lunch Entree **Lunch Entree Lunch Entree** Beef Brisket Sandwich Chicken Alfredo Cheese & Green Chile Mini Beef Pepperoni Crispy Orange Chicken with Rice Tamale Calzones Penne Pasta Alfredo **Grilled Cheese** Orange Veggie Nuggets with Deep Dish Cheese Pizza Vegetables Vegetables Vegetables Rice Creamed Corn Vegetables Creamed Corn **Diced Carrots** Vegetables Broccoli Fruit Fruit Fruit Green Beans Fruit Pears Applesauce Blueberries Fruit **Diced Peaches** Mixed Fruit 30 26 27 28 29

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.



May				Gulf Coast
			Fruit 1	Snack Preschool Fruit
			Apple Juice	Applesauce
			Grains	Grains
			Goldfish Pretzels	Cheez-It Crackers
Fruit 5	Breakfast 6	Fruit 7	Fruit 8	Grains
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 1
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	22	2
Entree	Apple Juice	Orange		
Animal Crackers	Grains	Grains		
Fruit	Strawberry Yogurt	Smart Crackers		
Apple Crisps	Snack Mix			
26	27	28	29	3
				-

This institution is an equal opportunity provider.