#### **SODEXO FOOD SERVICES PRE-K & HEAD START** FALL 2023 LUNCH MENU



# 2023-2024 MENU



Dates	MONDAY	TACO TUESDAY	WEDNESDAY	LOCAL THURSDAY	PIZZA FRIDAY
08/07-08/11	Chicken Nuggets 5 EACH	2 OZ Beef Taco Meat 10 PCS Tortilla Chips 2 OZ Cheese Sauce	Chicken Corn Dog 1 EACH	BBQ Grilled Chicken Patty 1 EACH	WG Cheese Pizza 1 EACH
)9/04-09/08	Brown Rice 1/2 Cup	Black Beans	Green Salad 3/4 Cup	WG Bun 1 EACH	Green Beans 1/2 Cup
0/02-10/06	Peas 1/2 Cup	1/2 Cup Pineapple Tidbits	Fresh Orange 1 EACH	Carrots 1/2 Cup	Fruit Mix 1/2 Cup
0/30-11/03	Fresh Orange 1 EACH	1/2 Cup		Pineapple Tidbits 1/2 Cup	
1/27-12/01				•	
8/14-08/18	Cheeseburger 1 EACH	2 OZ Pork Taco Meat 1 EACH Tortilla Wrap 1/2 OZ Shredded Cheese	1 EA Salisbury Steak 1/2 Cup Brown Rice 2 OZ Gravy	Bistek 4 PCS	Breaded Fish Sandwich W/ WG Bun 1 EACH
9/11-09/15	WG Bun 1 EACH	Pinto Beans	Green Salad	Brown Rice 1/2 Cup	Green Beans
0/09-10/13	Potato Wedges 1/2 Cup	1/2 Cup Pineapple Tidbits	3/4 Cup Fresh Orange	Carrots 1/2 Cup	1/2 Cup Fruit Mix
1/06-11/10	Fresh Orange 1 EACH	1/2 Cup	1 EACH	Pineapple Tidbits 1/2 Cup	1/2 Cup
12/04-12/08					
)8/21-08/25	Hot Dog 1 EACH	2 OZ Beef Taco Meat 1 EA Tortilla Wrap 1/2 OZ Shredded Cheese	Orange Chicken 12 PCS	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy	WG Pepperoni Pizza 1 EACH
9/18-09/22	WG Bun 1 EACH	Black Beans 1/2 Cup	Brown Rice 1/2 Cup	Brown Rice 1/2 Cup	Carrots 1/2 Cup
0/16-10/20	Smile Fries 4 PCS	- Pineapple Tidbits	Green Salad 3/4 Cup	Green Beans	Fruit Mix 1/2 Cup
1/13-11/17	Fresh Orange 1 EACH	1/2 Cup	Fresh Orange 1 EACH	1/2 Cup Pineapple Tidbits	
2/11-12/15				1/2 Cup	
8/28-09/01	2 OZ Spaghetti Meat Sauce 1/2 Cup Penne Noodles	2 OZ Pork Taco Meat 10 PCS Tortilla Chips 2 OZ Cheese Sauce	BBQ Pork Rib Patty 1 EACH	Chicken Drumstick 1 EACH	WG Cheesy Breadstick 2 EACH Marinara Sauce
9/2509/29	Green Beans 1/2 Cup	Pinto Beans	WG Bun 1 EACH	Brown Rice 1/2 Cup	2 OZ
0/23-10/27	Fresh Orange 1 EACH	1/2 Cup Pineapple Tidbits	Green Salad 3/4 Cup	Corn 1/2 Cup	Carrots 1/2 Cup
1/20-11/24		1/2 Cup	Fresh Orange 1 EACH	Pineapple Tidbits 1/2 Cup	Fruit Mix 1/2 Cup

06/16/23

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FNS reviewed & approved: 7/5/23

### **Gossner 1% White Milk is** served daily.



#### **Sodexo Food Services K-5 FALL 2023 LUNCH MENU**



# 2023-2024 MENU

Dates	MONDAY	TACO TUESDAY	WEDNESDAY	LOCAL THURSDAY	PIZZA FRIDAY
8/07-08/11	Chicken Nuggets 5 EACH	2 OZ Beef Taco Meat 10 PCS Tortilla Chips 2 OZ Cheese Sauce	Chicken Corn Dog 1 EACH	BBQ Grilled Chicken Patty & SL Cheese 1 EACH	WG Cheese Pizza 1 EACH
9/04-09/08	Brown Rice 1/2 Cup	Black Beans	Green Salad 1 1/2 Cup	WG Bun	Green Beans 3/4 Cup
0/02-10/06	Peas 3/4 Cup	3/4 Cup Pineapple Tidbits	Fruit Mix 1/2 Cup	1 EACH Carrots	Fruit Mix 1/2 Cup
0/30-11/03	Mandarin Orange 1/2 Cup	1/2 Cup	-	3/4 Cup Pineapple Tidbits	
1/27-12/01				1/2 Cup	
8/14-08/18	Cheeseburger 1 EACH	2 OZ Pork Taco Meat 1 EACH Tortilla Wrap 1/2 OZ Shredded Cheese	1 EA Salisbury Steak 1/2 Cup Brown Rice 2 OZ Gravy	Bistek 4 PCS	Breaded Fish Sandwich W/ WG Bun 1 EACH
9/11-09/15	WG Bun 1 EACH	Pinto Beans	Green Salad	Brown Rice 1/2 Cup	Green Beans
0/09-10/13	Potato Wedges 3/4 Cup	3/4 Cup Pineapple Tidbits	1 1/2 Cup Fruit Mix	Carrots 3/4 Cup	3/4 Cup Fruit Mix
1/06-11/10	Mandarin Orange 1/2 Cup	1/2 Cup	1/2 Cup	Pineapple Tidbits 1/2 Cup	1/2 Cup
2/04-12/08	-			-	
8/21-08/25	Hot Dog 1 EACH	2 OZ Beef Taco Meat 1 EA Tortilla Wrap 1/2 OZ Shredded Cheese	Orange Chicken 12 PCS	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy	WG Pepperoni Pizza 1 EACH
9/18-09/22	WG Bun 1 EACH	Black Beans 3/4 Cup	Brown Rice 1/2 Cup	Brown Rice 1/2 Cup	Carrots 3/4 Cup
0/16-10/20	Smile Fries 6 PCS	Pineapple Tidbits	Green Salad 1 1/2 Cup	Green Beans	Fruit Mix 1/2 Cup
1/13-11/17	Mandarin Orange 1/2 Cup	1/2 Cup	Fruit Mix 1/2 Cup	3/4 Cup Pineapple Tidbits	
2/11-12/15				1/2 Cup	
8/28-09/01	2 OZ Spaghetti Meat Sauce 1/2 Cup Penne Noodles	2 OZ Pork Taco Meat 10 PCS Tortilla Chips 2 OZ Cheese Sauce	BBQ Pork Rib Patty 1 EACH	Chicken Drumstick 1 EACH	WG Cheesy Breadstick 2 EACH Marinara Sauce
9/2509/29	Green Beans 3/4 Cup	Pinto Beans 3/4 Cup	WG Bun 1 EACH	Brown Rice 1 Cup	2 OZ Carrots
0/23-10/27	Mandarin Orange 1/2 Cup	Pineapple Tidbits	Green Salad 1 1/2 Cup	Corn 3/4 Cup	3/4 Cup
1/20-11/24		1/2 Cup	Fruit Mix 1/2 Cup	Pineapple Tidbits 1/2 Cup	Fruit Mix 1/2 Cup

06/16/23

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### **Gossner Non Fat Assorted Milk** and 1% White Milk is served daily

