


Menus may be subject to change.  
Notice will be given as soon as possible



**Pre-Kindy Program  
October. Lunch. Menu.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Brunch for Lunch w/String Cheese Fresh Fruit Dragon Punch 100% Juice 1% LF White Milk
4 4 - star Mac & Cheese California Blend Veggies Fresh Fruit 1% LF White Milk Pint	5 Vegetable Quesadilla Cilantro Lime Rice Seasoned Black Beans Fresh Fruit 1% LF White Milk Pint	6 WG Soft Pretzel Sticks Cheese Dipping Sauce Garden Salad w/Dressing Fresh Fruit 1% LF White Milk Pint	7 Cheese Ravioli Celery Sticks Fresh Fruit 1% LF White Milk Pint	8 School Improvement Day No School No Meal Service 
11 Grilled Cheese Sandwich Half Squash Medley Fresh Fruit 1% LF White Milk Pint	12 Soy Butter & Jelly Sandwich Celery Sticks Fresh Fruit 1% LF White Milk Pint	13 Rigatoni Marinara Mixed Vegetables Fresh Fruit 1% LF White Milk Pint	14 Mozzarella Breaded Cheese Stick w/ Dipping Sauce Sweet Corn Apple & Cucumber Salad 1% LF White Milk Pint <b>Apple Crunch Day!</b>	15 LF Strawberry Smash Yogurt Cup w/Grahams Wango Mango 100% Vegetable Juice Fresh Fruit 1% LF White Milk Pint
18 Cheese Tortellini Super Green Broccoli Fresh Fruit 1% LF White Milk Pint	19 Cheesy Quesadilla Fresh Salsa Cheesy Refried Beans Fresh Fruit 1% LF White Milk Pint	20 Plant Based Buffalo Chicken Nuggets Garden Fresh Corn Salad Fresh Fruit 1% LF White Milk Pint	21 Vegetable Spring Roll Peas & Carrots Fresh Fruit 1% LF White Milk Pint	22 Brunch for Lunch w/String Cheese Cucumber Coins Fresh Fruit 1% LF White Milk
25 Cheese Bosco Stick w/Dipping Sauce Super Green Broccoli Fresh Fruit 1% LF White Milk	26 Cheese Nachos w/ Pico De Gallo Fresh Fruit 1% LF White Milk Pint	27 Soy Butter & Jelly Sandwich Squash Medley Fresh Fruit 1% LF White Milk Pint	28 Creamy Pasta Alfredo Wango Mango 100% Vegetable Juice Fresh Fruit 1% LF White Milk Pint	29 Sun Butter-Banana Yogurt Parfait Cup Fresh Fruit Cucumber Coins 1% LF White Milk Pint

**Welcome to the  
Pre-Kindy Program!**



**PM Pre-Kindy  
students who  
attend the  
following schools  
will be provided a  
Free Meal Daily!**

**Frost  
Hawthorne  
Twain  
Longfellow  
Whitman**



Each meal includes rBST-free skim or 1% milk.



In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.  
Menus may be subject to change. Notice will be given as soon as possible.