



Pre-K Menu – October 2009
(15 lunch days)

Alternative: Egg Salad Sandwich on Wheat, with Pretzels, Fruit, Veggies w/Dip & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Soup, Half Toasted Cheese Sandwich, Fresh Fruit, Brownie & Milk	2 Cheese Pizza, Veggies w/Dip, Fresh Fruit & Milk
5 Multigrain Pancakes w/Sausages & Maple Syrup, Fresh Fruit & Milk	6 Chicken Nuggets w/Dipping Sauce, Fresh Fruit Oven Roasted Garden Veggies, Red Jello w/Whipped Cream & Milk	7 <i>No Pre-K</i>	8 <i>Early Release (out at 11:30)</i>	9 <i>No School</i>
12 <i>No School Columbus Day</i>	13 Chicken Patty on Roll (w/lettuce & tomato), Fresh Fruit, Oven Roasted Garden Veggies & Milk	14 <i>No Pre-K</i>	15 Baked Meatball Sub, Cole Slaw, Fresh Fruit & Milk	16 Cheese Pizza, Veggies w/Dip, Fresh Fruit & Milk
19 Chebeague Island Muffin (English muffin, cheese, egg & bacon), Hash Browns, Fresh Fruit & Milk	20 Egg Salad Sandwich on Wheat, Pretzels, Veggie Sticks w/Dip, Fresh Fruit & Milk	21 <i>No Pre-K</i>	22 Mac & Cheese, Steamed Veggies, Fresh Fruit, Cookie & Milk	23 Cheese Pizza, Veggies w/Dip, Fresh Fruit & Milk
26 Hotdog on Roll, Oven Fries, Fresh Fruit, Veggies & Milk	27 Tuna Sandwich on Wheat, Pretzels, Fresh Fruit, Veggies w/Dip & Milk	28 <i>No Pre-K</i>	29 Baked Lasagna, Tossed Salad, Garlic Toast, Fresh Fruit & Milk	30 Cheese Pizza, Veggies w/Dip, Fresh Fruit, Pumpkin Cookie & Milk

Always available: P.B.&J. or Cereal: Cheerios or Rice Krispies. All served with yogurt and fresh fruit.

On meat entree days, Smart Dogs, Veggie Burgers, Veggie Chicken Nuggets and Veggie Chicken Patties will be available as a vegetarian alternative.

Lunch - \$2.50 includes milk. Milk - .40

Menu subject to change without notice.