

Victoria Public School PreK Menu August 2019

*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
				
Milk Served Daily!	NO School Today!	NO School Today!	First Day of School! Beef Nachos Spanish Rice Pinto Beans Fresh Fruit	Macaroni & Cheese Coleslaw Sweet Potato Fries Fruit Cocktail
Chicken Fried Steak Mashed Potatoes Orange Smiles Roll	Chicken Spaghetti Green Beans Pears w/ Cherries <i>Happy Birthday!</i> Chocolate Chip Cookie	Corn Chip Pie Kidney Beans Steamed Carrots Juice	Enchiladas Spanish Rice Refried Beans Pineapples	Mini Corn Dogs Sweet Potato Fries Spinach Salad Fresh Fruit
Pizza Pocket Corn Pears w/ Cherries	Grilled Chicken Sandwich Cucumber Slices Candied Apple Doritos	Cheeseburger Sweet Potato Fries Fresh Fruit	Beef Tacos Spanish Rice Pinto Beans Peaches	Grilled Cheese Sandwich Carrots Fruit Cocktail Baked Chips

* Milk Served Daily.

** Appropriate Condiments Served Daily.

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Breakfast for August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<i>NO School Today!</i>	<i>NO School Today!</i>	<i>NO School Today!</i>	<i>FIRST DAY OF SCHOOL</i> 15 Cereal Peaches Milk	16 Waffles Applesauce Milk
19 Saus-A-Rage Fresh Fruit Milk	20 Cereal Juice Milk	21 Cereal Peaches Milk	22 Pancake Fruit Cocktail Milk	23 Sausage, Egg, & Cheese Pretzel Bun Pears w/ Cherries Milk
26 Cereal Peaches Milk	27 Oatmeal & Sausage Patty Blueberries Milk	28 Cereal Fresh Fruit Milk	29 Breakfast Pizza Banana Milk	30 Sausage & Egg Taquitos Pears w/ Cherries Milk

Free Breakfast for the following schools: Crain, Dudley, Hopkins, O'Connor, Patti Welder, Shields, Torres & DAEP/Mitchell

Fruit of The Month: Plums!

Plums are succulent and a delicious fruit. Plums help to protect your heart, maintain blood pressure, are loaded with fiber and high in vitamins and minerals. Wash plums in cold running water before using. Fresh ripe plums can be enjoyed as is, with its peel. They are great to add to salads, desserts, and jams. Dried plums are known as prunes.



August 29th—National “More Herbs, Less Salt Day.”

Herbs are a good substitute for salt. As Summer draws to an end, plants are at their peak for picking and using in recipes. Consider substituting herbs for salt today!



Meal Prices

Breakfast

Student - \$1.60
Student Reduced - \$0.30
Adult - \$2.50

Lunch

Student Pd Elementary - \$2.65
Student Pd Secondary- \$3.00
Student Reduced - \$0.40
Adult - \$3.65

Iced Tea - \$0.75
Entrée - \$2.75
Vegetable - \$0.75
Fruit - \$0.85
Breads - \$0.75
Milk - \$0.75
Muffin - \$1.25

À la carte

100 cal. Snacks - \$0.60
Baked Chips - \$1.00
Goldfish - \$0.75
Cookies - \$0.50
Bottled Water - \$1.00
Soup - \$2.50

