


# Victoria Public School PREK Menu September 2019

\*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Steak Fingers Mashed Potatoes Pears w/ Cherries Gravy</p>	<p>4</p> <p>Spaghetti w/ Meat Sauce Green Peas Fruit Cocktail</p>	<p>5</p> <p>Chicken Fajita Spanish Rice Refried Beans Watermelon</p>	<p>6</p> <p>Sunbutter &amp; Jelly Sandwich w/ Mozzarella String Goldfish Corn Fresh Fruit Salad</p>
<p>9</p> <p>Sweet &amp; Sour Chicken Seasoned Rice Oriental Vegetable Blend Peaches</p>	<p>10</p> <p>Chicken Nuggets French Fries Fresh Fruit Goldfish</p>	<p>11</p> <p>Lasagna Broccoli Juice</p>	<p>12</p> <p>Tostadas Spanish Rice Pinto Beans Pineapples</p>	<p>13</p> <p>Cheeseburger Pocket Sweet Potato Fries Fruit Cocktail</p>
<p>16</p> <p>Chicken Fried Steak Mashed Potatoes Orange Smiles Gravy</p>	<p>17</p> <p>Hamburger Burger Salad Sweet Potato Fries Fresh Fruit</p>	<p>18</p> <p>Pizza Pocket Broccoli Rosy Applesauce</p>	<p>19</p> <p>Enchiladas Spanish Rice Refried Beans Peaches</p>	<p>20</p> <p>Ham &amp; Cheese Breakfast Frittata Cucumber Coins Fresh Fruit Salad Roll</p>
<p>23</p> <p>Orange Chicken Seasoned Rice Oriental Vegetable Blend Corn Pineapples</p>	<p>24</p> <p>Corn Chip Pie Kidney Beans Strawberry &amp; Banana Salad</p>	<p>25</p> <p>Pepperoni Pizza Zucchini Coins Apricots <i>Happy Birthday!</i> Goldfish</p>	<p>26</p> <p>Bean &amp; Cheese Burrito Spanish Rice Pinto Beans Pears w/ Cherries</p>	<p>27</p> <p>Cheeseburger Sweet Potato Fries Fruit Cocktail</p>




**MILK  
SERVED  
DAILY**

\* Milk Served Daily.

\*\* Appropriate Condiments Served Daily.

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# Breakfast for September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Cereal Juice Milk <sup>3</sup>	Pancake Applesauce Milk <sup>4</sup>	Waffles Fruit Cocktail Milk <sup>5</sup>	Scrambled Eggs w/ Toasted Bagel Fresh Fruit Milk <sup>6</sup>
Breakfast Pizza Fruit Cocktail Milk <sup>9</sup>	Scrambled Eggs w/ Toast Pears w/ Cherries Milk <sup>10</sup>	Cereal Fresh Fruit Milk <sup>11</sup>	Pancake Apricots Milk <sup>12</sup>	Saus-A-Rage Pineapples Milk <sup>13</sup>
Bagel w/ Sausage Link Apricots Milk <sup>16</sup>	Scrambled Eggs w/ Waffle Peaches Milk <sup>17</sup>	Oatmeal w/ Sausage Patty Strawberries & Fruit Milk <sup>18</sup>	Cereal Juice Milk <sup>19</sup>	Egg & Cheese Sandwich Orange Smiles Milk <sup>20</sup>
Saus-A-Rage Peaches Milk <sup>23</sup>	Scrambled Eggs w/ Toast Orange Smiles Milk <sup>24</sup>	Breakfast Pizza Pears w/ Cherries Milk <sup>25</sup>	Cereal Applesauce Milk <sup>26</sup>	Pancake Strawberries & Fruit Milk <sup>27</sup>

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

## Fruit of The Month: Blackberries!

Blackberries belong to the berry family and are known to have the highest antioxidant concentration amongst all the berries. Blackberries are also packed with nutrients such as vitamins, minerals, and fiber. They are known to aid in bone, skin, heart, and digestive health. Do not wash the berries until you are ready to eat them. Once washed, they make a healthy and nutritious snack.



## SEPTEMBER IS "BETTER BREAKFAST MONTH."

Breakfast tells your body to "break" the "fast" and get your body ready for the day. Breakfast gives the body energy and gets your brain functioning.



## Meal Prices

### Breakfast

Student - \$1.60  
Student Reduced - \$0.30  
Adult - \$2.15

### 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