

Menu Name : St Charles Borromeo PreK Lunch Menu

Grade Level / Age Group : Childcare (Ages 3-5)

Meal : Lunch

NOVEMBER - 2024

Building Lunch Menus Students Love

Friday, November 1, 2024

Hot Meals

According to the USDA, schools are responsible for about 530,000 tons of discarded food (excluding milk) annually. We can only nourish students if they eat the meals we provide.

We create menus to hold students' interest throughout the year. We include a mix of long-time favorite meals as well as trendier foods that expose students to new flavors and cultures. Each week, we offer healthy whole grains, different proteins and a variety of fruits and vegetables to prevent boredom. We continually monitor the popularity of meals and replace those that are less popular with new ones to inspire joyful eaters. We also let students choose from multiple daily options rather than forcing everyone to take something they may not like.

These measures help ensure our meals feed more students and fewer trash cans.

Fresh Hot Baked Pizza

- Sliced Cucumbers & Dip
- Crisp Varietal Apple
- Choice Milk

Week IV

Monday, November 4, 2024

Tuesday, November 5, 2024

Wednesday, November 6, 2024

Thursday, November 7, 2024

Friday, November 8, 2024

Golden Chicken Tenders

Ketchup

Glazed Carrots

Cinnamon Apple Slices

Choice Milk

Brunch Lunch

Buttermilk Pancake w/ Syrup

Colby Cheese Omelet

Hashbrown Patty w/ Ketchup

Chilled Peaches & Choice Milk

Mac & Cheese

Garden Greens & Dressing

Banana

Choice Milk

Beef Penne Pasta

Steamed Broccoli

Fresh Orange Wedges

Choice Milk

Cheese Hot Pocket

Warm Red Sauce

Sliced Cucumbers & Dip

Crisp Varietal Apple

Choice Milk

Hot Meals

Week V

Monday, November 11, 2024

Tuesday, November 12, 2024

Wednesday, November 13, 2024

Thursday, November 14, 2024

Friday, November 15, 2024

School Not in Session

Cheddar Meatballs

Steamed Peas

Chilled Peaches

WG Dinner Roll

Choice Milk

Asian Rice Bowl

Seasoned Rice served with Asian Sesame Chicken

Crisp Broccoli & Dip

Banana

Choice Milk

Premium Chicken Patty Sandwich

WG Bun & Ketchup

CKC Baked Beans

Fresh Orange Wedges

Choice Milk

Fresh Hot Baked Pizza

Garden Salad & Dressing

Crisp Varietal Apple Wedges

Choice Milk

Hot Meals

Week VI

Monday, November 18, 2024

Tuesday, November 19, 2024

Wednesday, November 20, 2024

Thursday, November 21, 2024

Friday, November 22, 2024

Cheeseburger

CKC Baked Beans

Cinnamon Apple Slices

Choice Milk

Brunch Lunch

French Toast Sticks & Syrup

Hash Brown Round w/ Ketchup

Chilled Peaches

Choice Milk

Pop-Chicken Bowl

Popcorn Chicken & Shred Cheddar Cheese on Mashed Potatoes

Banana

Choice Milk

Sweet & Sour Chicken

Steamed Brown Rice

Mixed Salad & Dressing

Fresh Orange Wedges

Choice Milk

Pizza Hand Pie

Sliced Cucumbers & Dip

Crisp Varietal Apple Wedges

Choice Milk

Hot Meals

Week I

Monday, November 25, 2024

Tuesday, November 26, 2024

Wednesday, November 27, 2024

Thursday, November 28, 2024

Friday, November 29, 2024

Taco Rice Bowl

Taco Seasoned Beef, Steamed Rice & Shred Cheese

Cheesy Refried Beans

Cinnamon Apple Slices

Choice Milk

BBQ Teriyaki Chicken

Mashed Potatoes

Golden Wheat Crackers

Chilled Peaches

Choice Milk

School Not in Session

Hot Meals

Week II

Skim & 1% milk served daily.
All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.
All rice dishes /rice products are made of whole grain brown rice.