



2018/2019 SOAR Prep • Palmdale Prep • Knight Prep

Breakfast is \$2.00 Daily • Lunch is \$3.50 Daily

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/13/18 09/17/18	Banana Bread 100% Fruit Juice Fresh Fruit	Cereal & Muffin Fruit Cup Dried Fruit	Mini Breakfast Cluster Fresh Fruit 100% Fruit Juice	Breakfast Pizza Bagel Dried Fruit Fruit Cup	Sausage & Cheese Breakfast Sandwich Fresh Fruit & Fruit Juice
10/22/18 12/03/18	Beef-A-Roni Bowl Garden Salad w/ Dressing Cucumber Slices Fruit Cup or Fresh Fruit	BBQ Teriyaki Chicken with Brown Rice Celery & Jicama Sticks Fresh Fruit or Fruit Juice	Jumbo Corn Dog Spicy Rib-Cut Fries BBQ Beans Fresh Fruit or Fruit Cup	Turkey & Gravy Bowl with Warm Roll Peas & Carrots Dried Fruit or Fresh Fruit	Fish Sandwich Lettuce & Pickle Cup Seaside Spuds Baby Carrots Fresh Fruit or Sidekick
01/28/19 03/04/19					
04/15/19 05/20/19					
08/20/18 09/24/18	Cinnamon Crumb Cake 100% Fruit Juice Fresh Fruit	French Toast Sticks Fruit Cup Dried Fruit	Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice	PB & J Jamwich Dried Fruit Fruit Cup	Egg & Cheese Burrito Fresh Fruit 100% Fruit Juice
10/29/18 12/10/18	Breaded Chicken Strips Macaroni & Cheese Seasoned Green Beans Baby Carrots Fruit Cup or Fresh Fruit	Firecracker Chicken Bowl with Brown Rice Carrots & Celery Sticks Fruit/Veg Blend Juice Fresh Fruit or Fruit Cup	Deep Dish Pizza Tossed Salad w/ Dressing Seasoned Corn Dried Fruit or Fresh Fruit	Cheese Enchiladas Refried Beans Celery & Jicama Sticks Fruit Cup or Dried Fruit	Spicy Chicken Sandwich Lettuce & Pickle Cup Garden Salad w/ Dressing Baby Carrots Fresh Fruit or Fruit Cup
02/04/19 03/11/19					
04/22/19 05/27/19					
08/27/18 10/01/18	Chocolate Chip Muffin 100% Fruit Juice Fresh Fruit	Bagel w/ Cream Cheese Fruit Cup Dried Fruit	Cinnamon Bun Fresh Fruit 100% Fruit Juice	Beef Sausage Biscuit Dried Fruit Fruit Cup	Cereal & Pop Tart Fresh Fruit 100% Fruit Juice
11/05/18 12/17/18	Pasta Alfredo Bowl Steamed Broccoli Baby Carrots Fruit Cup or Fresh Fruit	General Tso's Chicken Bowl with Brown Rice Carrots & Celery Sticks Fresh Fruit or Fruit Juice	BRUNCH Pizza Bagel Triangle Tater Fruit/Veg Juice Blend Fruit Cup or Fresh Fruit	Green Chile & Cheese Flauquito w/ Salsa Pinto & Red Beans Tossed Salad w/ Dressing Fresh Fruit or Dried Fruit	Cheeseburger Sliders Seaside Spuds Celery & Jicama Sticks Fresh Fruit or Fruit Cup
02/11/19 03/25/19					
04/29/19 06/03/19					
09/03/18 10/08/18	Cereal & Cheese Cubes 100% Fruit Juice Fresh Fruit	Chicken Biscuit Fruit Cup Dried Fruit	Mini Breakfast Cluster Fresh Fruit 100% Fruit Juice	Breakfast Sausage Pizza Dried Fruit Fruit Cup	French Toast Sticks Fresh Fruit 100% Fruit Juice
11/12/18 01/14/19	Crispy Chicken Filet Sandwich Carrots & Celery Sticks Garden Salad w/ Dressing Fresh Fruit or Fruit Cup	Teriyaki Beef & Broccoli Bowl with Brown Rice Baby Carrots Fruit Juice or Fresh Fruit	French Bread Pizza Tossed Salad w/ Dressing Seasoned Green Beans Fresh Fruit or Dried Fruit	Extreme Bean & Cheese Burrito with Salsa Seasoned Corn Celery & Jicama Sticks Fruit Cup or Fresh Fruit	Jumbo Corn Dog Spicy Rib-Cut Fries Baked Beans Fresh Fruit or Fruit Cup
02/18/19 04/01/19					
05/06/19					
09/10/18 10/15/18	Apple Muffin Top 100% Fruit Juice Fresh Fruit	Egg & Cheese Taco Fruit Cup Dried Fruit	Cinnamon Bun Fresh Fruit 100% Fruit Juice	PB & J Jamwich Dried Fruit Fruit Cup	Egg & Cheese Burrito Fresh Fruit 100% Fruit Juice
11/26/18 01/21/19	Green Chile & Cheese Quesadilla w/ Salsa Refried Beans Garden Salad w/ Dressing Fresh Fruit or Fruit Cup	Orange Chicken Bowl with Brown Rice Baby Carrots Fruit Juice or Fresh Fruit	BRUNCH Sunrise Sandwich Pop Tart Triangle Tater Fruit/Veg Juice Blend Fresh Fruit or Fruit Cup	Turkey Taco Pocket Chips & Salsa Pinto & Red Beans Celery & Jicama Sticks Fruit Cup or Fresh Fruit	Cheeseburger Sliders Crispy Tater Tots Cherry Sidekick Fresh Fruit or Fruit Cup
02/25/19 04/08/19					
05/13/19					

ALL MEALS INCLUDE CHOICE OF 1% MILK OR NONFAT FLAVORED MILK - MENU SUBJECT TO CHANGE