

# Pre-K School Lunch Menu\* (cold lunch menu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Hard-boiled Egg</b></p> <p>Carrots Apple slices WG English muffin 1% white milk</p>	<p><b>Chicken Salad Sandwich#</b></p> <p>Cucumbers Mandarin oranges WG roll 1% white milk</p>	<p><b>Turkey &amp; Swiss Sandwich on WG bread</b></p> <p>Leafy green salad (romaine/iceberg mix) w/ dressing Peach slices 1% white milk</p>	<p><b>Pasta Salad # (with WG pasta)</b></p> <p>Diced ham Vegetables (in pasta salad) Watermelon  1% white milk</p>	<p><b>Yogurt</b></p> <p>Celery Sliced grapes Great Grains Banana Nut Crunch cereal 1% white milk</p>
<p><b>Ham &amp; Provolone Cheese Sandwich on WG Roll</b></p> <p>Pepper strips Mandarin oranges 1% white milk</p>	<p><b>Cottage Cheese</b></p> <p>Carrots Pineapple bits WG crackers 1% white milk</p>	<p><b>Fiesta Wrap ##</b></p> <p>Sliced cucumbers Sliced melon 1% white milk</p>	<p><b>Yogurt Parfait ###</b></p> <p>Zucchini/yellow squash strips Fruit (in parfait) Graham crackers 1% white milk</p>	<p><b>Turkey Salad Sandwich#</b></p> <p>Coleslaw Applesauce WG roll or WG bread 1% white milk</p>
<p><b>Barbeque Turkey Salad #</b></p> <p>Carrots Sliced apples WG roll 1% white milk</p>	<p><b>Ham &amp; Swiss Sandwich on WG Bread</b></p> <p>Leafy green salad (baby spinach) w/ dressing Peach slices 1% white milk</p>	<p><b>Asian Salad (HM)#</b></p> <p>Pepper strips Mandarin oranges 1% white milk</p>	<p><b>Cottage Cheese</b></p> <p>Celery sticks Pears Muffin 1% White Milk</p>	<p><b>Hummus#</b></p> <p>Fresh broccoli Sliced peaches Pita bread 1% white milk</p>
<p><b>Yogurt Parfait ###</b></p> <p>Baby carrots Fruit (in parfait) WG crackers 1% white milk</p>	<p><b>Chicken Salad Sandwich#</b></p> <p>Cucumbers Sliced grapes WG roll or tortilla 1% white milk</p>	<p><b>Mediterranean Quinoa Salad #</b></p> <p>Mozzarella cheese stick Chick peas Mandarin Oranges 1% white milk</p>	<p><b>Turkey &amp; Swiss Sandwich on WG Bread</b></p> <p>Celery sticks Pineapple bits 1% white milk</p>	<p><b>Pasta Salad # (with WG pasta)</b></p> <p>Cheese cubes Zucchini or yellow squash sticks Sliced melon 1% white milk</p>

\* Please refer to the [USDA CACFP Child Meal Pattern](#) for required component minimum serving sizes for age range.

**# Recipes:**

Chicken or Turkey Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-or-turkey-salad-0>

CACFP and NSLP crediting: 1/2 cup (#8 scoop) = 2 oz eq meat/meat alternate and 1/8 cup other vegetable

Pasta Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/pasta-salad-usda-recipe-e-080-cacfp>

CACFP crediting: 1 cup = 5/8 cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup = 1 oz eq grains, 1/8 cup dk green veg, 1/8 cup r/o veg, 1/8 cup other veg and ¼ cup additional veg

Sesame Asian Noodle Chicken Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/sesame-asian-noodle-chicken-salad-usda-recipe-d560>

CACFP crediting: 1 cup = 1.5 oz meat/meat alternate, ¼ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup = 1.5 oz eq meat/meat alternate, 1/8 cup r/o veg, 1/8 cup other veg and 1 oz eq grains

Barbeque Chicken or Turkey Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/barbecue-chicken-or-turkey-salad-usda-recipe-e-050-cacfp>

CACFP crediting: 1/2 cup (#8 scoop) = 2 oz meat/meat alternate and ¼ cup vegetable

NSLP crediting: ½ cup (#8 scoop) = 2 oz eq meat/meat/alternate and ¼ cup other vegetable

Mediterranean Quinoa Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/mediterranean-quinoa-salad>

CACFP and NSLP crediting: 3/4 cup = 1 oz eq grains and 1/8 cup other vegetable

Hummus - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/hummus-0>

CACFP and NSLP crediting: ½ cup = 2 oz eq meat/meat alternate

**## Recipes:**

Fiesta Wrap - <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

CACFP and NSLP crediting: 1 wrap provides 1 oz eq meat/meat alternate and 1 oz eq grains

**### Recipe:**

Good Morning Yogurt Parfait - <https://www.milkmeansmore.org/recipe/good-morning-yogurt-parfait/>

CACFP and NSLP crediting: 1 serving provides 1.5 oz meat/meat alternate and ½ cup fruit