

Menus
for
**December
2018**

**Cape Girardeau
Public Schools,
Pre-School**

This institution is an equal opportunity provider.
Menus are subject to change.

Monday, December 3

Breakfast
Apple Cinnamon Texas Toast

Lunch
Nacho Bites *New Item*
with Cheese

Green Beans

Fresh Fruit & Vegetables

Milk

Tuesday, December 4

Breakfast
Mini Bagels
with Cream Cheese

Lunch
Mini Corn Dogs

Broccoli with Cheese

Fresh Fruit & Vegetables

Milk

Wednesday, December 5

Breakfast
Sausage Breakfast Pizza

Lunch
Soft Shell Taco

Potato Tots

Fresh Fruit & Vegetables

Milk

Frozen Fruit Sorbet

Thursday, December 6

Breakfast
Bacon, Egg & Cheese
Scramble with Biscuit

Lunch
Breaded Chicken
Patty Sandwich

Potato Smiles

Fresh Fruit & Vegetables

Milk

Ice Cream

Friday, December 7

Breakfast
Honey Bun

Lunch
Cheese or Pepperoni
French Bread Pizza

Candied Carrots

Fresh Fruit & Vegetables

Milk

**Word
of the
Month**
gra·cious

adj. 1. Characterized by
kindness and warm
courtesy 2. merciful,
compassionate
3. elegant, charming

I am the letter

C



camel

Monday, December 10

Breakfast
Muffins

Lunch
Mozzarella Cheese Sticks
with Marinara Sauce

Vegetable Juice

Fresh Fruit & Vegetables

Milk

Tuesday, December 11

Breakfast
Mini Waffles

Lunch
Homestyle Popcorn Chicken
with Garlic Toast

Au Gratin Potatoes

Fresh Fruit & Vegetables

Milk

Wednesday, December 12

Breakfast
Sausage Breakfast Pizza

Lunch
Chili Cheese Dog

Green Beans

Fresh Fruit & Vegetables

Milk

Frozen Fruit Sorbet

Thursday, December 13

Breakfast
Cinni Minis

Lunch
Ravioli with Bread Stick

Potato Wedges

Fresh Fruit & Vegetables

Milk

Friday, December 14

Breakfast
Yogurt & Pop Tart

Lunch
Cheese or Pepperoni Pizza

Broccoli with Cheese

Fresh Fruit & Vegetables

Milk



**HAPPY
HOLIDAYS**

FROM YOUR SCHOOL
NUTRITION STAFF!

Monday, December 17

Breakfast
Cheese Omelet with Biscuit

Lunch
Chicken Nuggets
with Garlic Toast

Green Beans

Fresh Fruit & Vegetables

Milk

Tuesday, December 18

Breakfast
Mini French Toast

Lunch
Cheeseburger or Hamburger

Sweet Potato Fries

Fresh Fruit & Vegetables

Milk

Wednesday, December 19

Breakfast
Sausage Breakfast Pizza

Lunch
Holiday Meal
Turkey & Gravy
with Dressing

Mashed Potatoes

Fresh Fruit & Vegetables

Milk

Pumpkin Pie Pudding

Thursday, December 20

Breakfast
Glazed Donut

Lunch
Crispito with Cheese

Broccoli with Cheese

Fresh Fruit & Vegetables

Milk

Friday, December 21

Breakfast
Chef's Choice

Lunch
Chef's Choice

We will see you in the
New Year! Have a safe and
happy holiday break!

**Classes resume on
Thursday,
January 3, 2019!**