



Cross Roads Child Nutrition Services
 School Year 2019-2020
 Grades Pre-K
 Food Based Menu Planning
 Serve

Only 1% unflavored, Fat Free Unflavored can be served to Pre-K.

Pre-K can only be served juice once per day over all meals and snacks.

Offer vs. Serve is not allowed for Pre-K.

Second visit, all food items are A la carte price.

Menus subject to change

Check school calendar for scheduled student holidays/early release days.

Cycle Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug. 19-Aug. 23 Sept.30-Oct. 4 Nov. 11-15 Jan.13-17 Feb. 24-28 Apr. 13-17	Enchiladas Charro Beans Seasoned Corn Sliced Seasonal Fruit Milk	Meatball Sub Sandwich Potato Rounds Sliced Fresh Vegetables Mixed Fruit Milk	Chicken Nuggets Mac and Cheese Savory Green Beans Apple Slices Milk	Pizza Choice Seasoned Corn Sliced Seasonal Fruit Milk	Hamburger/Cheeseburger Hamburger Garnish Cucumber Slices Cinnamon Applesauce Milk
Cycle Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug. 26-30 Oct. 7-11 Nov. 18-22 Jan. 20-24 Mar. 2-6 Apr. 20-24	Steak Fingers Gravy Mashed Potatoes Carrot Coins Roll Strawberries Milk	Spaghetti Bowl Breadstick California Blend Vegetables Fruit Cup Milk	Hot Dogs Celery Sticks Carrot Sticks Orange Smiles Milk Variety	Mexican Combo Plate Refried Beans Salsa Sliced Peaches Milk	Popcorn Chicken Roll Broccoli Oven Fries Sliced Seasonal Fruit Milk
Cycle Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 2-6 Oct. 14-18 Dec.2-6 Jan.27-31 Mar.9-13 Apr. 27- May 1	Pizza Choice Carrots Seasoned Corn Sliced Grapes Milk	Frito Pie Sliced Fresh Vegetables Charro Beans Sliced Fruit Choice Milk	Chicken Nuggets Mashed Potatoes Garden Salad Pears Milk	Hamburger/Cheeseburger Hamburger Garnish Oven Fries Carrots Orange Smiles Milk	Pulled Pork Sliders Coleslaw Savory Green Beans Chilled Pineapple Milk
Cycle Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 9-13 Oct. 21-25 Dec. 9-13 Feb.3-7 Mar. 23-27 May 4-8	Oven Roasted Chicken Broccoli Roll Baked Beans Sliced Fruit Choice Milk	Nachos Grande Refried Beans Salsa Sliced Tomatoes Cucumber Slices Peaches Milk	Chicken Sandwich Oven Fries Sliced Fresh Vegetables Mandarin Oranges Milk	Asian Bowl Eggroll Fresh Seasonal Fruit Milk	Pizza Choice Crunchy Broccoli Salad Sliced Seasonal Fruit Milk
Cycle Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 16-20 Oct.28-Nov.1 Dec. 16-20 Feb. 10-14 Mar. 30- Apr. 3 May 11-15	Country Fried Steak Strips Gravy Mashed Potatoes Roll Stawberry Cup Milk	Corn dogs Baked Beans Fresh Veggie Cup Applesauce Milk Variety	Chicken Tenders Gravy Broccoli Sweet Potato Fries Mixed Fruit Milk	Chicken Spaghetti Breadstick Garden Salad Carrots Apple Slices Milk	Fish Sticks Mac and Cheese Coleslaw Savory Green Beans Orange Smiles Milk
Cycle Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 23-27 Nov. 4-8 Jan.6-10 Feb. 17-21 Apr. 6-10 May 18-22	Texas Basket Sliced Fresh Vegetables Mixed Fruit Milk	Asian Bowl Eggroll Garden Salad Sliced Seasonal Fruit Milk Variety	Chicken Fried Steak Sandwich Oven Fries Fresh Veggie Cup Hot Cinnamon Apples Milk Variety	Chili Cheese Dogs Broccoli Bites Fresh Veggie Cup Fresh Seasonal Fruit Milk Variety	Popcorn chicken Savory Green Beans Mashed Potatoes Apple Slices Milk

Extra Entrée: \$1.50 Extra Vegetable: .75 Extra Juice: .50 Extra Fruit: .75 Extra Milk: .50

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