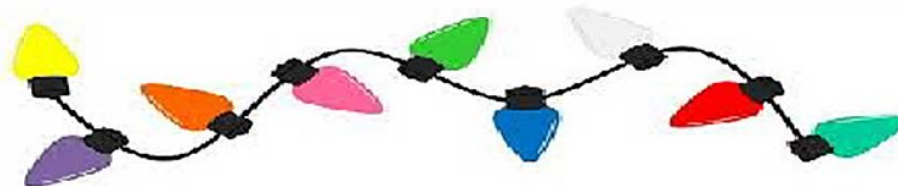




2022

**CENTRAL &
GLENDALE
PRE K**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Cereal Bar Raisins Orange Juice White Milk 1%	Dream Waffle Mixed Fruit Cup Apple Juice White Milk 1%	UBR Cookie Flavored Craisins Apple Juice White Milk 1%	Super Donut Fresh Apple Slices bag Apple Juice White Milk 1%	Pop Tart Applesauce Cup Orange Juice White Milk 1%	Cal 459 T.Fat 9.30 G S.Fat 3.8 G Chol 20.4 Mg Sodm 337.60 Mg Carb 82.00 G

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
5 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps White Milk 1%	6 Walking Taco Chick Pea Salad Chilled Peaches White Milk 1%	7 Cheeseburger Minis Peas Broccoli Applesauce Cup White Milk 1%	8 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple White Milk 1%	9 Pop Corn chicken Goldfish Sweet Potato Waffle Fries Steamed Cauliflower Apple Juice White Milk 1%	Cal 572 T.Fat 18.21 G S.Fat 6.0 G Chol 49.7 Mg Sodm 1020.10 Mg Carb 76.99 G Fiber 9.5 G Prtn 28.89 G






Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal.

Ingredients and menu items are subject to change or substitution without notice.

"This Institution is an equal opportunity provider."

December 2022

CENTRAL & GLENDALE PRE K

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
12 Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges White Milk 1%	13 Bearcat Pizza Bagel Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie White Milk 1%	14 Sloppy Joe Corn Carrot Sticks Applesauce Cup White Milk 1%	15 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup White Milk 1%	16 Oven Fried Chicken Drumstick Corn Loaf Vegetarian Baked Beans Carrot Sticks Pineapple Tidbits White Milk 1%	Cal 597 T.Fat 17.86 G S.Fat 6.9 G Chol 54.7 Mg Sodm 1007.18 Mg Carb 82.56 G Fiber 8.1 G Prtn 30.13 G Iron 4.07 Mg Calc 583.68 Mg
19 Corn Puppies (turkey) & Condiments Potato Smiles Dragon Punch Juice Fruit Cocktail White Milk 1%	20 Chicken Patty on Bun Green Beans Carrot Sticks Blue-Raspberry Cup White Milk 1%	21 	22 Happy Holidays 	 <p>Merry Christmas</p>	
26 	27	28 Winter Break begins WEDNESDAY DECEMBER 21, 2022 Classes Resume on WEDNESDAY JANUARY 4.	29		

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