



2023



**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
2 <b>School Resumes from Winter Break on Wednesday, January 4, 2023 Welcome back everyone!</b>	3	4 Cheeseburger Minis Peas Broccoli Applesauce Cup White Milk 1%	5 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple White Milk 1%	6 Pop Corn chicken Goldfish Sweet Potato Waffle Fries Green Beans 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
9 Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges White Milk 1%	10 Bearcat Pizza Bagel Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie White Milk 1%	11 Sloppy Joe/Bun Corn Carrot Sticks Applesauce Cup White Milk 1%	12 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup White Milk 1%	13 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

***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.***

***If you have any questions about the Free and Reduced meal program please call 440-439-4530.***

"This Institution is an equal opportunity provider."

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

2023

**CENTRAL &  
GLENDALE  
PRE K**

# January

❄️ Do You  
❄️ Want to  
❄️ Build a  
❄️ Snowman



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><b>16</b> NO SCHOOL TODAY!</p> <p>MARIN LUTHER KING, JR. DAY</p>	<p><b>17</b> Chicken Patty on Bun Green Beans Carrot Sticks Blue-Raspberry Cup White Milk 1%</p>	<p><b>18</b> Cheese Bites Marinara Cup Cool Cucumber &amp; Tomato w/ Lite Dip Chilled Pears White Milk 1%</p>	<p><b>19</b> Domino's Pizza Liliana's Garbanzo Bean Salad Carrot Sticks Applesauce Cup White Milk 1%</p>	<p><b>20</b> NO SCHOOL TODAY!</p>	<p>Cal 629 T.Fat 18.91 G S.Fat 5.8 G Chol 40.0 Mg Sodm 1084.53 Mg Carb 88.60 G Fiber 9.2 G Prtn 28.31 G</p>
<p><b>23</b> Honey BBQ Beef Rib/Bun Potato Smiles Carrot Sticks Pineapple Tidbits White Milk 1%</p>	<p><b>24</b> Chicken Nuggets w/ BBQ Split Top Wheat Roll Corn Vegetarian Baked Beans Chilled Peaches White Milk 1%</p>	<p><b>25</b> Rotini Pasta w/ Meat Sauce Goldfish Veggie California Blend Chilled Pears White Milk 1%</p>	<p><b>26</b> Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup White Milk 1%</p>	<p><b>27</b> Ham and Cheese Stuffer Broccoli Carrot Sticks Applesauce Cup White Milk 1%</p>	<p>Cal 604 T.Fat 15.90 G S.Fat 5.6 G Chol 42.3 Mg Sodm 1107.72 Mg Carb 87.77 G Fiber 9.3 G Prtn 31.07 G</p>
<p><b>30</b> Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps White Milk 1%</p>	<p><b>31</b> Walking Taco Chick Pea Salad Chilled Peaches White Milk 1%</p>	<p><b>1</b> <b>FEBRUARY</b> Cheeseburger Minis Peas Broccoli Applesauce Cup White Milk 1%</p>	<p><b>2</b> Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple White Milk 1%</p>	<p><b>3</b> Pop Corn chicken Goldfish Sweet Potato Waffle Fries Steamed Cauliflower Apple Juice White Milk 1%</p>	<p>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</p>

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

"This Institution is an equal opportunity provider."