

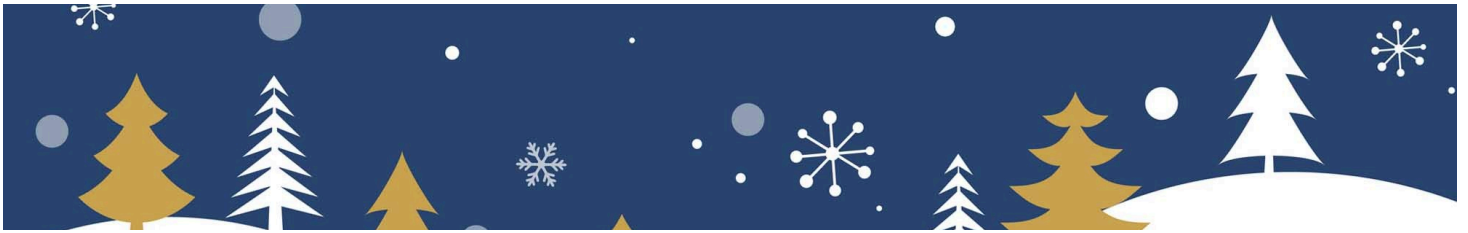
# December 2024

## Gulf Coast Breakfast Preschool - Veg Option

<b>02</b> <b>Breakfast Entree</b> Honey Cheerios <b>Fruit</b> Diced Pears	<b>03</b> <b>Breakfast Entree</b> Cowboy Bread <b>Fruit</b> Diced Peaches	<b>04</b> <b>Breakfast Entree</b> Breakfast Turkey Sausage Pizza Breakfast Cheese Pizza <b>Fruit</b> Pineapple	<b>05</b> <b>Breakfast Entree</b> Maple Waffles Bagel with Cream Cheese <b>Fruit</b> Mixed Fruit	<b>06</b> <b>Breakfast Entree</b> Trix Muffin <b>Fruit</b> Applesauce
<b>09</b> <b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Pears	<b>10</b> <b>Breakfast Entree</b> Mini Blueberry Pancakes <b>Fruit</b> Diced Peaches	<b>11</b> <b>Breakfast Entree</b> NEW!! Apple Cinnamon Texas Toast <b>Fruit</b> Pineapple	<b>12</b> <b>Breakfast Entree</b> Egg, Turkey Sausage & Cheese Breakfast Burrito Biscuit & Jelly <b>Fruit</b> Mixed Fruit	<b>13</b> <b>Breakfast Entree</b> Cinnamon Cream Cheese Mini Bagels <b>Fruit</b> Applesauce
<b>16</b> <b>Breakfast Entree</b> Trix Cereal <b>Fruit</b> Pears	<b>17</b> <b>Breakfast Entree</b> Maple Belgian Waffle <b>Fruit</b> Diced Peaches	<b>18</b> <b>Breakfast Entree</b> Mini Confetti Pancakes <b>Fruit</b> Pineapple	<b>19</b> <b>Breakfast Entree</b> Turkey Sausage & Cheese English Muffin English Muffin & Jelly <b>Fruit</b> Mixed Fruit	<b>20</b> <b>Breakfast Entree</b> Apple Cinnamon Muffin <b>Fruit</b> Applesauce
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>30</b>	<b>31</b>			

All K-12 Breakfast and Lunch are served with a choice of milk. Preschool and Supper meals are served with 1% white milk. Milk is not offered at snack.

This institution is an equal opportunity provider.



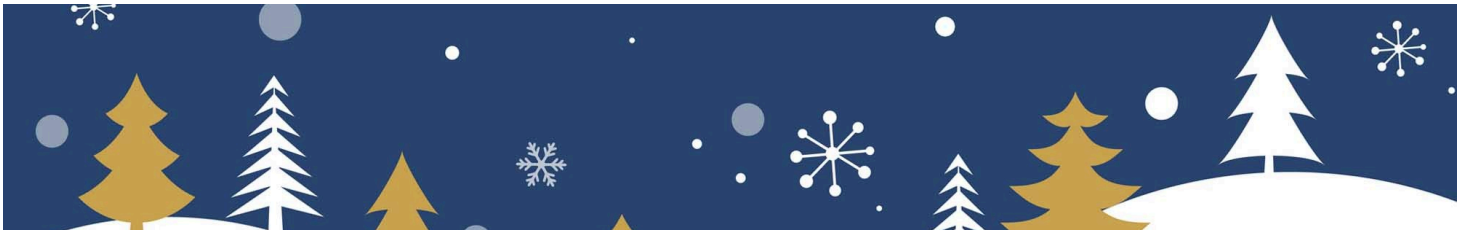
# December 2024

## Gulf Coast Lunch Preschool - Veg Option

<p><b>02</b></p> <p><b>Lunch Entree</b> Cheeseburger Black Bean Burger + Cheese</p> <p><b>Vegetables</b> Diced Potatoes</p> <p><b>Fruit</b> Applesauce</p>	<p><b>03</b></p> <p><b>Lunch Entree</b> Cheese &amp; Green Chile Tamale</p> <p><b>Vegetables</b> Creamed Corn</p> <p><b>Fruit</b> Sliced Oranges</p>	<p><b>04</b></p> <p><b>Lunch Entree</b> Crispy Orange Chicken with Rice Orange Veggie Nuggets with Rice</p> <p><b>Vegetables</b> Diced Carrots</p> <p><b>Fruit</b> Red Apple Slices</p>	<p><b>05</b></p> <p><b>Lunch Entree</b> Rotini &amp; Meatsauce Rotini with Spaghetti Sauce and Mozzarella Cheese</p> <p><b>Fruit</b> Apple Juice</p>	<p><b>06</b></p> <p><b>Lunch Entree</b> Mozzarella Stuffed Breadsticks with Marinara Dip</p> <p><b>Vegetables</b> Diced Carrots</p> <p><b>Fruit</b> Diced Peaches</p>
<p><b>09</b></p> <p><b>Lunch Entree</b> Breaded Chicken Sandwich Plant-Based Breaded Patty Sandwich</p> <p><b>Vegetables</b> Diced Potatoes</p> <p><b>Fruit</b> Applesauce</p>	<p><b>10</b></p> <p><b>Lunch Entree</b> Bean &amp; Cheese Burrito</p> <p><b>Vegetables</b> Diced Carrots</p> <p><b>Fruit</b> Sliced Oranges</p>	<p><b>11</b></p> <p><b>Lunch Entree</b> Chicken Alfredo Penne Pasta Alfredo</p> <p><b>Vegetables</b> Broccoli</p> <p><b>Fruit</b> Red Apple Slices</p>	<p><b>12</b></p> <p><b>Lunch Entree</b> Loaded Tot-chos: Tater Tots with Ground Beef &amp; Queso</p> <p>Grilled Cheese</p> <p><b>Vegetables</b> Tater Tots</p> <p><b>Fruit</b> Apple Juice</p>	<p><b>13</b></p> <p><b>Lunch Entree</b> Deep Dish Cheese Pizza</p> <p><b>Vegetables</b> Green Beans</p> <p><b>Fruit</b> Sliced Peaches</p>
<p><b>16</b></p> <p><b>Lunch Entree</b> BBQ Chicken Sandwich Veggie Nuggets</p> <p><b>Vegetables</b> Diced Potatoes</p> <p><b>Fruit</b> Applesauce</p>	<p><b>17</b></p> <p><b>Lunch Entree</b> Chicken Parmesan Penne Pasta Parmesan Penne Pasta</p> <p><b>Fruit</b> Sliced Oranges</p>	<p><b>18</b></p> <p><b>Lunch Entree</b> Chicken Fajita Walking Taco Cheese Walking Taco</p> <p><b>Vegetables</b> Creamed Corn</p> <p><b>Fruit</b> Red Apple Slices</p>	<p><b>19</b></p> <p><b>Lunch Entree</b> Korean Chicken Rice Bowl Korean Veggie Nugget Rice Bowl</p> <p><b>Vegetables</b> Green Beans</p> <p><b>Fruit</b> Apple Juice</p>	<p><b>20</b></p> <p><b>Lunch Entree</b> Hot Turkey &amp; Cheese Sandwich Black Bean Burger + Cheese</p> <p><b>Vegetables</b> Broccoli Florets</p> <p><b>Fruit</b> Cool Tropics Slush</p>
<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>
<p><b>30</b></p>	<p><b>31</b></p>			

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# December 2024

Gulf Coast  
Snack Preschool

<b>02</b> <b>Fruit</b> Orange <b>Grains</b> Cheddar Goldfish	<b>03</b> <b>Fruit</b> Apple Juice <b>Grains</b> Giant Vanilla Goldfish	<b>04</b> <b>Grains</b> Birthday Cake Graham Crackers <b>Misc.</b> String Cheese	<b>05</b> <b>Fruit</b> Applesauce <b>Grains</b> Cheddar Chex Mix	<b>06</b> <b>Breakfast Entree</b> Whole Grain Strawberry Break Bar <b>Fruit</b> Apple Juice
<b>09</b> <b>Grains</b> Keebler Cinnamon Bug Graham Bites <b>Misc.</b> String Cheese	<b>10</b> <b>Fruit</b> Apple Juice <b>Grains</b> Honey Maid Little Squares	<b>11</b> <b>Grains</b> Heart Shaped Pretzels <b>Condiments</b> Wowbutter	<b>12</b> <b>Fruit</b> Apple Crisps <b>Grains</b> Giant Vanilla Goldfish	<b>13</b> <b>Fruit</b> Apple Juice <b>Grains</b> Strawberry Yogurt Snack Mix
<b>16</b> <b>Fruit</b> Orange <b>Grains</b> Smart Crackers	<b>17</b> <b>Fruit</b> Apple Juice <b>Grains</b> Goldfish Pretzels	<b>18</b> <b>Fruit</b> Applesauce <b>Grains</b> Cheez-It Crackers	<b>19</b> <b>Breakfast Entree</b> Honey Graham Crackers <b>Fruit</b> Red Apple Slices	<b>20</b> <b>Breakfast Entree</b> Animal Crackers <b>Fruit</b> Apple Juice
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>30</b>	<b>31</b>			

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