



January 2025

Gulf Coast Lunch Preschool EHS - Vegetarian

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|--|---|--|---|--|----|
| | | | 01 | 02 | 03 |
| 06 Lunch Entree Chicken Smackers & BBQ Sauce Veggie Nuggets Vegetables Wedge Cut Fries Fruit Applesauce | 07 Lunch Entree Beef & Cheese Quesadilla Cheese Quesadilla Vegetables Pinto Beans Fruit Mixed Fruit | 08 Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Tater Tots Fruit Blueberries | 09 Lunch Entree Chicken Parmesan Penne Pasta Parmesan Penne Pasta Fruit Pears | 10 Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Diced Peaches | |
| 13 Lunch Entree Cheeseburger Black Bean Burger + Cheese Vegetables Tater Tots Fruit Applesauce | 14 Lunch Entree Chicken Tenders & Ketchup Veggie Nuggets Vegetables Green Beans Fruit Mixed Fruit | 15 Lunch Entree Chicken Fajita Walking Taco Cheese Walking Taco Vegetables Creamed Corn Fruit Blueberries | 16 Lunch Entree HLB Beef Chili Fruit Pears | 17 Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Diced Carrots Fruit Diced Peaches | |
| 20 | 21 Lunch Entree Mini Chicken Corn Dogs Grilled Cheese Vegetables Baked Beans Fruit Mixed Fruit | 22 Lunch Entree Crispy Orange Chicken with Rice Orange Veggie Nuggets with Rice Vegetables Carrots Fruit Blueberries | 23 Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes Veggie Nuggets Bowl Fruit Pears | 24 Lunch Entree Deep Dish Cheese Pizza Vegetables Diced Carrots Fruit Diced Peaches | |
| 27 Lunch Entree Breaded Chicken Sandwich Plant-Based Breaded Patty Sandwich Vegetables Waffle Fries Fruit Applesauce | 28 Lunch Entree Beef Tamales Cheese Quesadilla Vegetables Creamed Corn Fruit Mixed Fruit | 29 Lunch Entree Teriyaki Chicken Rice Bowl Teriyaki Veggie Nugget Rice Bowl Vegetables Diced Carrots Fruit Blueberries | 30 Lunch Entree Rotini & Meatsauce Rotini with Spaghetti Sauce and Mozzarella Cheese Fruit Pears | 31 Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Diced Carrots Fruit Diced Peaches | |

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.



January 2025

Gulf Coast Lunch Preschool - Veg Option

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|---|--|---|--|---|----|
| | | | 01 | 02 | 03 |
| | | | | | |
| 06 Lunch Entree Chicken Smackers & BBQ Sauce Veggie Nuggets Vegetables Wedge Cut Fries Fruit Applesauce | 07 Lunch Entree Beef & Cheese Quesadilla Cheese Quesadilla Vegetables Pinto Beans Fruit Mixed Fruit | 08 Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Tater Tots Fruit Blueberries | 09 Lunch Entree Chicken Parmesan Penne Pasta Parmesan Penne Pasta Fruit Pears | 10 Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Fruit Diced Peaches | |
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| 20 | 21 Lunch Entree Mini Chicken Corn Dogs Grilled Cheese Vegetables Baked Beans Fruit Mixed Fruit | 22 Lunch Entree Crispy Orange Chicken with Rice Orange Veggie Nuggets with Rice Vegetables Carrots Fruit Blueberries | 23 Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes Veggie Nuggets Bowl Fruit Pears | 24 Lunch Entree Deep Dish Cheese Pizza Vegetables Diced Carrots Fruit Diced Peaches | |
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January 2025

Gulf Coast Snack Preschool

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|---|---|---|--|--|----|
| | | | 01 | 02 | 03 |
| 06 Fruit Orange Grains Smart Crackers | 07 Fruit Apple Juice Grains Goldfish Pretzels | 08 Fruit Applesauce Grains Cheez-It Crackers | 09 Breakfast Entree Honey Graham Crackers Fruit Red Apple Slices | 10 Breakfast Entree Animal Crackers Fruit Apple Juice | |
| 13 Fruit Orange Grains Cheddar Goldfish | 14 Fruit Apple Juice Grains Giant Vanilla Goldfish | 15 Grains Birthday Cake Graham Crackers Misc. String Cheese | 16 Fruit Applesauce Grains Cheddar Chex Mix | 17 Breakfast Entree Whole Grain Strawberry Break Bar Fruit Apple Juice | |
| 20 | 21 Fruit Apple Juice Grains Honey Maid Little Squares | 22 Grains Heart Shaped Pretzels Condiments Wowbutter | 23 Breakfast Entree Animal Crackers Fruit Apple Crisps | 24 Fruit Apple Juice Grains Strawberry Yogurt Snack Mix | |
| 27 Fruit Orange Grains Smart Crackers | 28 Fruit Apple Juice Grains Goldfish Pretzels | 29 Fruit Applesauce Grains Cheez-It Crackers | 30 Breakfast Entree Honey Graham Crackers Fruit Red Apple Slices | 31 Breakfast Entree Animal Crackers Fruit Apple Juice | |

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