



# January 2025

## Gulf Coast Breakfast Preschool EHS - Vegetarian

			01	02	03
06 <b>Breakfast Entree</b> Honey Cheerios <b>Fruit</b> Pears	07 <b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Diced Peaches	08 <b>Breakfast Entree</b> Mini Maple Pancakes <b>Fruit</b> Banana	09 <b>Breakfast Entree</b> Blueberry Belgian Waffle <b>Fruit</b> Mixed Fruit	10 <b>Breakfast Entree</b> Trix Muffin <b>Fruit</b> Applesauce	
13 <b>Breakfast Entree</b> Trix Cereal <b>Fruit</b> Pears	14 <b>Breakfast Entree</b> NEW!! Apple Cinnamon Texas Toast <b>Fruit</b> Diced Peaches	15 <b>Breakfast Entree</b> Mini Cinnamon Waffles <b>Fruit</b> Banana	16 <b>Breakfast Entree</b> Turkey Sausage, Egg & Cheese Breakfast Bagel Bagel with Cream Cheese <b>Fruit</b> Mixed Fruit	17 <b>Breakfast Entree</b> Cheerios <b>Fruit</b> Applesauce	
20	21 <b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Diced Peaches	22 <b>Breakfast Entree</b> Egg, Turkey Sausage & Cheese Breakfast Burrito Egg & Cheese Breakfast Taco <b>Fruit</b> Banana	23 <b>Breakfast Entree</b> Honey Chicken Biscuit Breakfast Bagel <b>Fruit</b> Mixed Fruit	24 <b>Breakfast Entree</b> Orange Mini Muffin <b>Fruit</b> Applesauce	
27 <b>Breakfast Entree</b> Trix Cereal <b>Fruit</b> Pears	28 <b>Breakfast Entree</b> Chicken Sausage & Cheese Stuffed Maple Waffle Maple Belgian Waffle <b>Fruit</b> Diced Peaches	29 <b>Breakfast Entree</b> Mini Confetti Pancakes <b>Fruit</b> Banana	30 <b>Breakfast Entree</b> Breakfast Turkey Sausage Pizza Breakfast Cheese Pizza <b>Fruit</b> Mixed Fruit	31 <b>Breakfast Entree</b> Mini Bagels w/ Strawberry Cream Cheese <b>Fruit</b> Applesauce	

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

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

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## Gulf Coast Snack Preschool

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

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