











Memphis-Shelby County Schools
August 2022 Head Start / Pre-K Breakfast Menu*

SERVING PERIOD:PRE-K BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Aug-8	9	10	11	12
BREAKFAST PIZZA APPLE JUICE 1% MILK OR SKIM MILK 	HONEY O'S HONEY GRAHAM CRACKERS FRESH PEAR 1% MILK OR SKIM MILK 	CHICKEN FILET BISCUIT APPLE JUICE 1% MILK OR SKIM MILK	TURKEY HAM AND CHEESE CROISSANT FRESH APPLES 1% MILK OR SKIM MILK 	PORK SAUSAGE BISCUIT OR HONEY O'S CEREAL FRESH BANANA 1% MILK OR SKIM MILK 
15	16	17	18	19
HONEY O'S HONEY GRAHAM CRACKERS APPLE JUICE 1% MILK OR SKIM MILK	CHICKEN FILET BISCUIT FRESH GALA APPLES 1% MILK OR SKIM MILK	STRAWBERRY YOGURT APPLE JUICE HONEY GRAHAM CRACKERS 1% MILK OR SKIM MILK 	SAUSAGE BREAKFAST BAGEL FRESH PEAR 1% MILK OR SKIM MILK	HONEY O'S HONEY GRAHAM CRACKERS FRESH PEAR 1% MILK OR SKIM MILK
22	23	24	25	26
BREAKFAST PIZZA APPLE JUICE 1% MILK OR SKIM MILK 	HONEY O'S HONEY GRAHAM CRACKERS FRESH PEAR 1% MILK OR SKIM MILK	CHICKEN FILET BISCUIT APPLE JUICE 1% MILK OR SKIM MILK 	TURKEY HAM AND CHEESE CROISSANT FRESH APPLES 1% MILK OR SKIM MILK	PORK SAUSAGE BISCUIT OR HONEY O'S CEREAL FRESH BANANA 1% MILK OR SKIM MILK 
29	30	31	Sep-1	2
HONEY O'S HONEY GRAHAM CRACKERS APPLE JUICE 1% MILK OR SKIM MILK	CHICKEN FILET BISCUIT PEACH CUP 1% MILK OR SKIM MILK 	BLUEBERRY MUFFIN APPLE JUICE 1% MILK OR SKIM MILK 	SAUSAGE BREAKFAST BAGEL ORANGE JUICE 1% MILK OR SKIM MILK	HONEY O'S HONEY GRAHAM CRACKERS FRESH BANANA 1% MILK OR SKIM MILK


*MENUS ARE SUBJECT TO CHANGE

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Memphis-Shelby County Schools
August 2022 Head Start / Pre-K Lunch Menu*

SERVING PERIOD:PRE-K LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Aug-8	9	10	11	12
HAMBURGER CRINKLE CUT FRIES DICED PEACH CUP 1% MILK OR SKIM MILK 	CHICKEN TENDERS STIR FRIED VEGETABLES STIR FRIED RICE FRUIT COCKTAIL 1% MILK OR SKIM MILK 	BEEF NACHOS PINTO BEANS DICED PEAR CUP 1% MILK OR SKIM MILK 	TURKEY PASTRAMI BURRITO GREEN BEANS FRESH MIXED FRUIT 1% MILK OR SKIM MILK 	SPAGHETTI WITH MEAT SAUCE ITALIAN SPINACH TROPICAL FRUIT CUP DINNER ROLL 1% MILK OR SKIM MILK
15	16	17	18	19
CHEESE PIZZA STEAMED BROCCOLI DICED PEACH CUP 1% MILK OR SKIM MILK	OVEN-FRIED CHICKEN SWEET POTATOES FRUIT COCKTAIL CORNBREAD 1% MILK OR SKIM MILK	BREADED CHICKEN SANDWICH BAKED BEANS DICED PEAR CUP 1% MILK OR SKIM MILK	DELI TRIO W/ CHEESE SANDWICH POTATO TOTS FRESH WATERMELON CHUNKS 1% MILK OR SKIM MILK	BBQ CHICKEN MAC N CHEESE ROMAINE GARDEN SALAD TROPICAL FRUIT CUP 1% MILK OR SKIM MILK
22	23	24	25	26
HAMBURGER CRINKLE CUT FRIES DICED PEACH CUP 1% MILK OR SKIM MILK 	CHICKEN TENDERS STIR FRIED VEGETABLES STIR FRIED RICE FRUIT COCKTAIL 1% MILK OR SKIM MILK 	BEEF NACHOS PINTO BEANS DICED PEAR CUP 1% MILK OR SKIM MILK 	TURKEY PASTRAMI BURRITO GREEN BEANS FRESH MIXED FRUIT 1% MILK OR SKIM MILK 	3 CHEESE BREAD W/ MARINARA CRISPY FISH STICKS ITALIAN SPINACH DICED PEAR CUP 1% MILK OR SKIM MILK
29	30	31	Sep-1	2
CHEESE PIZZA MASHED POTATOES W/ GRAVY DICED PEACH CUP 1% MILK OR SKIM MILK	OVEN-FRIED CHICKEN SWEET POTATOES FRUIT COCKTAIL CORNBREAD 1% MILK OR SKIM MILK	BREADED CHICKEN SANDWICH BAKED BEANS DICED PEAR CUP 1% MILK OR SKIM MILK	DELI TRIO W/ CHEESE SANDWICH POTATO TOTS FRESH WATERMELON CHUNKS 1% MILK OR SKIM MILK	BBQ CHICKEN MAC N CHEESE ITALIAN SPINACH TROPICAL FRUIT CUP 1% MILK OR SKIM MILK 











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Memphis-Shelby County Schools
August 2022 Head Start / Pre-K Snack Menu*

SERVING PERIOD:PRE-K SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">Aug-8</p> <p>SNACK CRACKERS APPLE JUICE</p>	<p align="right">9</p> <p>HOMESTYLE TURKEY SANDWICH VEGETABLE JUICE</p>	<p align="right">10</p> <p>CHEESE CRACKERS APPLE JUICE</p> 	<p align="right">11</p> <p>YOGURT PEACH CUP WATER, 8 OZ.</p> 	<p align="right">12</p> <p>DELI TURKEY HAM SANDWICH 1% MILK OR SKIM MILK</p> 
<p align="right">15</p> <p>BLUEBERRY MUFFIN 1% MILK OR SKIM MILK</p> 	<p align="right">16</p> <p>HONEY O'S CEREAL 1% MILK OR SKIM MILK</p> 	<p align="right">17</p> <p>DELI TRIO SANDWICH 1% MILK OR SKIM MILK</p>	<p align="right">18</p> <p>YOGURT PEAR CUP</p>	<p align="right">19</p> <p>DELI TURKEY HAM SANDWICH VEGETABLE JUICE</p> 
<p align="right">22</p> <p>BLUEBERRY MUFFIN 1% MILK OR SKIM MILK</p>	<p align="right">23</p> <p>DELI TRIO SANDWICH APPLE JUICE</p>	<p align="right">24</p> <p>HOMESTYLE TURKEY SANDWICH 1% MILK OR SKIM MILK</p> 	<p align="right">25</p> <p>YOGURT PEACH CUP</p> 	<p align="right">26</p> <p>DELI TURKEY HAM SANDWICH 1% MILK OR SKIM MILK</p>
<p align="right">29</p> <p>BLUEBERRY MUFFIN 1% MILK OR SKIM MILK</p> 	<p align="right">30</p> <p>HONEY O'S CEREAL 1% MILK OR SKIM MILK</p> 	<p align="right">31</p> <p>DELI TRIO SANDWICH 1% MILK OR SKIM MILK</p>	<p align="right">Sep-1</p> <p>YOGURT PEAR CUP</p>	<p align="right">2</p> <p>DELI TURKEY HAM SANDWICH VEGETABLE JUICE</p> 

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