

# September 2017 Pre-K Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
<b>4</b>  <b>Labor Day</b> <i>No School</i>	<b>5</b> Cheesy Breadstick Baked Apples Choice of Skim or 1% Milk (Unflavored)	<b>6</b> Breakfast Chicken with Biscuit Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>7</b> Yogurt with Granola Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>8</b> Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
<b>11</b> Sausage with Biscuit Applesauce Choice of Skim or 1% Milk (Unflavored) Hashbrown	<b>12</b> Sausage Pancake Pineapple Tidbits Choice of Skim or 1% Milk (Unflavored)	<b>13</b> French Toast Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>14</b> Yogurt with Granola Peach Slices Choice of Skim or 1% Milk (Unflavored)	<b>15</b> Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
<b>18</b> Sausage with Biscuit Fruit Cocktail Choice of Skim or 1% Milk (Unflavored) Hashbrown	<b>19</b> Cheesy Breadstick Baked Apples Choice of Skim or 1% Milk (Unflavored)	<b>20</b> Bacon, Egg, & Cheese Toast Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>21</b> Yogurt with Granola Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>22</b> Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
<b>25</b> Sausage with Biscuit Applesauce Choice of Skim or 1% Milk (Unflavored) Hashbrown	<b>26</b> Sausage Pancake Pineapple Tidbits Choice of Skim or 1% Milk (Unflavored)	<b>27</b> French Toast Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>28</b> Yogurt with Granola Peach Slices Choice of Skim or 1% Milk (Unflavored)	<b>29</b> Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)

**Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced: \$0.30 • Adults/Visitors \$1.80**  
**A la Carte 1/2 Pint Milk: \$0.50 each, any flavor**

**Nutrition information available on page 2 • This institution is an equal opportunity provider.**

# September 2017 Pre-K Breakfast Menu Nutrition Information

Monday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Tuesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Wednesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Thursday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Friday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
						Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.		<b>1</b> Breakfast Pizza            210 7 2 27 350 Orange Smiles                62 0 0 15 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120	
<b>4</b>  <b>Labor Day</b>  No School		<b>5</b> Cheesy Breadstick        150 6 3 15 240 Baked Apples                80 0 0 20 27 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>6</b> Breakfast Chicken        96 4 1 7 207 with Biscuit                250 12 6 31 490 Fresh Banana                108 0 0 28 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>7</b> Yogurt                        60 0 0 11 50 with Granola                120 3.5 0 20 75 Fresh Apple                 55 0 0 14 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>8</b> Breakfast Pizza            210 7 2 27 350 Orange Smiles                62 0 0 15 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120	
<b>11</b> Sausage                      230 22 7 1 170 with Biscuit                250 12 6 31 490 Applesauce                 50 0 0 13 10 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120 Hashbrown                 130 7 0.5 15 240		<b>12</b> Sausage Pancake         190 8 2 22 478 Pineapple Tidbits         80 0 0 20 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>13</b> French Toast                200 8 1.5 25 290 Fresh Banana                108 0 0 28 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>14</b> Yogurt                        60 0 0 11 50 with Granola                120 3.5 0 20 75 Peach Slices                60 0 0 10 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>15</b> Breakfast Pizza            210 7 2 27 350 Orange Smiles                62 0 0 15 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120	
<b>18</b> Sausage                      230 22 7 1 170 with Biscuit                250 12 6 31 490 Fruit Cocktail               60 0 0 14 10 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120 Hashbrown                 130 7 0.5 15 240		<b>19</b> Cheesy Breadstick        150 6 3 15 240 Baked Apples                80 0 0 20 27 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>20</b> Bacon, Egg, & Cheese Toast            160 6 2 18 350 Fresh Banana                108 0 0 28 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>21</b> Yogurt                        60 0 0 11 50 with Granola                120 3.5 0 20 75 Fresh Apple                 55 0 0 14 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>22</b> Breakfast Pizza            210 7 2 27 350 Orange Smiles                62 0 0 15 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120	
<b>25</b> Sausage                      230 22 7 1 170 with Biscuit                250 12 6 31 490 Applesauce                 50 0 0 13 10 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120 Hashbrown                 130 7 0.5 15 240		<b>26</b> Sausage Pancake         190 8 2 22 478 Pineapple Tidbits         80 0 0 20 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>27</b> French Toast                200 8 1.5 25 290 Fresh Banana                108 0 0 28 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>28</b> Yogurt                        60 0 0 11 50 with Granola                120 3.5 0 20 75 Peach Slices                60 0 0 10 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120		<b>29</b> Breakfast Pizza            210 7 2 27 350 Orange Smiles                62 0 0 15 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120 <i>1% Milk</i> 100 2.5 1.5 11 120	

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