

January 2018 Pre-K Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break <i>No School</i>	2 Winter Break <i>No School</i>	3 French Toast Fruit Cocktail Choice of Skim or 1% Milk (Unflavored)	4 Yogurt with Granola Peach Slices Choice of Skim or 1% Milk (Unflavored)	5 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
8 Sausage with Biscuit Fruit Cocktail Choice of Skim or 1% Milk (Unflavored) Hasbrowns	9 Cheesy Breadstick Baked Apples Choice of Skim or 1% Milk (Unflavored)	10 Breakfast Chicken with Biscuit Fresh Banana Choice of Skim or 1% Milk (Unflavored)	11 Yogurt with Granola Fresh Apple Choice of Skim or 1% Milk (Unflavored)	12 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
15 Martin Luther King, Jr. Day <i>No School</i>	16 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Choice of Skim or 1% Milk (Unflavored)	17 French Toast Fresh Banana Choice of Skim or 1% Milk (Unflavored)	18 Yogurt with Granola Peach Slices Choice of Skim or 1% Milk (Unflavored)	19 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
22 Sausage with Biscuit Fruit Cocktail Choice of Skim or 1% Milk (Unflavored) Hasbrowns	23 French Toast Baked Apples Choice of Skim or 1% Milk (Unflavored)	24 Breakfast Steak with Biscuit Fresh Banana Choice of Skim or 1% Milk (Unflavored)	25 Yogurt with Granola Fresh Apple Choice of Skim or 1% Milk (Unflavored)	26 Breakfast Pizza Mandarin Oranges Choice of Skim or 1% Milk (Unflavored)
29 Sausage with Biscuit Applesauce Choice of Skim or 1% Milk (Unflavored) Hasbrowns	30 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Choice of Skim or 1% Milk (Unflavored)	31 French Toast Fruit Cocktail 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.

January 2018 Pre-K Breakfast Menu Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
1 Winter Break <i>No School</i>	2 Winter Break <i>No School</i>	3 French Toast 200 8 1.5 25 290 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	4 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	5 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
8 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	9 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	10 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	11 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	12 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
15 Martin Luther King, Jr. Day <i>No School</i>	16 Canadian Bacon, Egg & Cheese Biscuit 334 17 8 32 747 Pineapple Tidbits 80 0 0 20 0 Choice of Skim or 1% Milk (Unflavored) <i>Skim Milk</i> 80 0 0 11 120	17 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	18 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	19 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
22 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	23 French Toast 200 8 1.5 25 290 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	24 Breakfast Steak 220 17 5 9 360 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	25 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	26 Breakfast Pizza 210 7 2 27 350 Mandarin Oranges 52 0 0 13 5 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
29 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	30 Canadian Bacon, Egg & Cheese Biscuit 334 17 8 32 747 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	31 French Toast 200 8 1.5 25 290 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	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.	

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