

# January 2018 Pre-K Universal Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Winter Break</b>  <i>No School</i>	<b>2</b>  <b>Winter Break</b>  <i>No School</i>	<b>3</b> Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>4</b> French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>5</b> Yogurt Fresh Apple Choice of Skim or 1% Milk (Unflavored)
<b>8</b> Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>9</b> French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>10</b> Yogurt Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>11</b> Bacon, Egg & Cheese Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>12</b> Cereal Fresh Apple Choice of Skim or 1% Milk (Unflavored)
<b>15</b>  <b>Martin Luther King, Jr. Day</b>  <i>No School</i>	<b>16</b> Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>17</b> Cereal Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>18</b> French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>19</b> Yogurt Fresh Apple Choice of Skim or 1% Milk (Unflavored)
<b>22</b> Cheesy Mozzarella Breadstick Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>23</b> French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>24</b> Yogurt Fresh Banana Choice of Skim or 1% Milk (Unflavored)	<b>25</b> Cereal Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>26</b> Bacon, Egg & Cheese Toast Fresh Apple Choice of Skim or 1% Milk (Unflavored)
<b>29</b> Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)	<b>30</b> Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Choice of Skim or 1% Milk (Unflavored)	<b>31</b> Cereal Fresh Banana Choice of Skim or 1% Milk (Unflavored)		

**For the select schools that are participating in Universal Breakfast, it is provided for free.  
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Thank you!**

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

# January 2018 Pre-K Universal Breakfast Menu Nutrition Information

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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)
<b>1</b>  <b>Winter Break</b> <b>No School</b>	<b>2</b>  <b>Winter Break</b> <b>No School</b>	<b>3</b> Breakfast Pizza 240 8 2.5 31 340 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>4</b> French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 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>5</b> Yogurt 60 0 0 11 50 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 240 8 2.5 31 340 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>9</b> French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 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>10</b> Yogurt 60 0 0 11 50 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>11</b> Bacon, Egg & Cheese Toast 160 6 2 18 350 Fresh Pear 96 0 0 23 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>12</b> Cereal 110 1.5 0 23 110 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>15</b> <b>Martin Luther King, Jr.</b> <b>Day</b> <b>No School</b>	<b>16</b> Breakfast Pizza 240 8 2.5 31 340 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>17</b> Cereal 110 1.5 0 23 110 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>18</b> French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 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>19</b> Yogurt 60 0 0 11 50 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> Cheesy Mozzarella Breadstick 190 6 2 25 220 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>23</b> French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 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>24</b> Yogurt 60 0 0 11 50 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>25</b> Cereal 110 1.5 0 23 110 Fresh Pear 96 0 0 23 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>26</b> Bacon, Egg & Cheese Toast 160 6 2 18 350 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>29</b> Breakfast Pizza 240 8 2.5 31 340 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>30</b> Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 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>31</b> Cereal 110 1.5 0 23 110 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>Disclaimer:</b> 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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