

February 2018 Pre-K Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt with Granola Peach Slices Choice of Skim or 1% Milk (Unflavored)	2 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
5 Sausage with Biscuit Fruit Cocktail Choice of Skim or 1% Milk (Unflavored) Hasbrown	6 Cheesy Breadstick Baked Apples Choice of Skim or 1% Milk (Unflavored)	7 Breakfast Chicken with Biscuit Fresh Banana Choice of Skim or 1% Milk (Unflavored)	8 Yogurt with Granola Fresh Apple Choice of Skim or 1% Milk (Unflavored)	9 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
12 Sausage with Biscuit Applesauce Choice of Skim or 1% Milk (Unflavored) Hasbrown	13 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Choice of Skim or 1% Milk (Unflavored)	14 French Toast Fresh Banana Choice of Skim or 1% Milk (Unflavored)	15 Yogurt with Granola Peach Slices Choice of Skim or 1% Milk (Unflavored)	16 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
19 Sausage with Biscuit Fruit Cocktail Choice of Skim or 1% Milk (Unflavored) Hasbrown	20 French Toast Baked Apples Choice of Skim or 1% Milk (Unflavored)	21 Breakfast Steak with Biscuit Fresh Banana Choice of Skim or 1% Milk (Unflavored)	22 Yogurt with Granola Fresh Apple Choice of Skim or 1% Milk (Unflavored)	23 Breakfast Pizza Orange Smiles Choice of Skim or 1% Milk (Unflavored)
26 Sausage with Biscuit Applesauce Choice of Skim or 1% Milk (Unflavored) Hasbrown	27 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Choice of Skim or 1% Milk (Unflavored)	28 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.

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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 Yogurt with Granola 60 0 0 11 50 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	2 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
5 Sausage with Biscuit 230 22 7 1 170 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	6 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	7 Breakfast Chicken with Biscuit 96 4 1 7 207 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	8 Yogurt with Granola 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	9 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
12 Sausage with Biscuit 230 22 7 1 170 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	13 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	14 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	15 Yogurt with Granola 60 0 0 11 50 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	16 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
19 Sausage with Biscuit 230 22 7 1 170 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	20 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	21 Breakfast Steak with Biscuit 220 17 5 9 360 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	22 Yogurt with Granola 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	23 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
26 Sausage with Biscuit 230 22 7 1 170 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	27 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	28 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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