

February 2018 Pre-K Universal Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	2 Yogurt Fresh Apple Choice of Skim or 1% Milk (Unflavored)
5 Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)	6 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	7 Yogurt Fresh Banana Choice of Skim or 1% Milk (Unflavored)	8 Cereal Fresh Pear Choice of Skim or 1% Milk (Unflavored)	9 Bacon, Egg & Cheese Toast Fresh Apple Choice of Skim or 1% Milk (Unflavored)
12 Mini Pancakes Fresh Apple Choice of Skim or 1% Milk (Unflavored)	13 Breakfast Pizza Fresh Pear Choice of Skim or 1% Milk (Unflavored)	14 Cereal Fresh Banana Choice of Skim or 1% Milk (Unflavored)	15 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	16 Yogurt Fresh Apple Choice of Skim or 1% Milk (Unflavored)
19 Cheesy Mozzarella Breadstick Fresh Apple Choice of Skim or 1% Milk (Unflavored)	20 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)	21 Yogurt Fresh Banana Choice of Skim or 1% Milk (Unflavored)	22 Cereal Fresh Pear Choice of Skim or 1% Milk (Unflavored)	23 Bacon, Egg & Cheese Toast Fresh Apple Choice of Skim or 1% Milk (Unflavored)
26 Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)	27 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Choice of Skim or 1% Milk (Unflavored)	28 Cereal Fresh Banana Choice of Skim or 1% Milk (Unflavored)		

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 Thank you!**

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

February 2018 Pre-K Universal 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 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	2 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
5 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	6 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	7 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	8 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	9 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
12 Mini Pancakes 220 6 0.5 39 130 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	13 Breakfast Pizza 240 8 2.5 31 340 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	14 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	15 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	16 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
19 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	20 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	21 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	22 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	23 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
26 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	27 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	28 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	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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