



March 2018 Pre-K Universal Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>Celebrate National School Breakfast Week with us! March 5th-9th</p>  | | | <p>1 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>2 Yogurt Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> |
| <p>5 Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> | <p>6 NEW! Mini Waffles Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>7 Cereal Fresh Banana Choice of Skim or 1% Milk (Unflavored)</p> | <p>8 Yogurt Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>9 Bacon, Egg & Cheese Toast Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> |
| <p>12 Mini Pancakes Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> | <p>13 Breakfast Pizza Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>14 Cereal Fresh Banana Choice of Skim or 1% Milk (Unflavored)</p> | <p>15 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>16 Yogurt Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> |
| <p>19 Breakfast Pizza Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> | <p>20 French Toast Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>21 Yogurt Fresh Banana Choice of Skim or 1% Milk (Unflavored)</p> | <p>22 Cereal Fresh Pear Choice of Skim or 1% Milk (Unflavored)</p> | <p>23 Bacon, Egg & Cheese Toast Fresh Apple Choice of Skim or 1% Milk (Unflavored)</p> |
| <p>26 <i>Spring Break</i> <i>No School</i></p> | <p>27 <i>Spring Break</i> <i>No School</i></p> | <p>28 <i>Spring Break</i> <i>No School</i></p> | <p>29 <i>Spring Break</i> <i>No School</i></p> | <p>30 <i>Spring Break</i> <i>No School</i></p> |

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 Thank you!**

Nutrition information is 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) |
| <p>Celebrate National School Breakfast Week with us! March 5th-9th</p>  | | <p>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.</p> | <p>1</p> <p>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</p> | <p>2</p> <p>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</p> |
| <p>5</p> <p>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</p> | <p>6</p> <p>NEW! Mini Waffles 200 5 1 37 170 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</p> | <p>7</p> <p>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</p> | <p>8</p> <p>Yogurt 60 0 0 11 50 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</p> | <p>9</p> <p>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</p> |
| <p>12</p> <p>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</p> | <p>13</p> <p>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</p> | <p>14</p> <p>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</p> | <p>15</p> <p>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</p> | <p>16</p> <p>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</p> |
| <p>19</p> <p>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</p> | <p>20</p> <p>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</p> | <p>21</p> <p>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</p> | <p>22</p> <p>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</p> | <p>23</p> <p>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</p> |
| <p>26</p> <p>Spring Break No School</p> | <p>27</p> <p>Spring Break No School</p> | <p>28</p> <p>Spring Break No School</p> | <p>29</p> <p>Spring Break No School</p> | <p>30</p> <p>Spring Break No School</p> |

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