



OCTOBER 2020

Pre-K Breakfast & Snack Menu



			Thursday 1	Friday 2
			Breakfast WGR Corn Flakes Cereal Fresh Apple 1% White Milk Snack Cottage Cheese Saltine Crackers	Breakfast WGR Cheesy Egg Burrito Fresh Apple 1% White Milk Snack- no AM Snacks Cheddar Goldfish 100% Orange Juice
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast WGR Mini Maple Waffles Fresh Apple 1% White Milk Snack Vanilla Yogurt Sliced Peaches	Breakfast WGR Rice Krispies Cereal Fresh Apple 1% White Milk Snack Green Bell Pepper w/ Ranch 1% White Milk	Breakfast Cheesy Scramble w/ WGR Toast Fresh Apple 1% White Milk Snack String Cheese Saltine Crackers	Breakfast WGR Breakfast Pizza Fresh Apple 1% White Milk Snack Fresh Orange Slices 1% White Milk	Breakfast WGR Corn Flakes Cereal Fresh Apple 1% White Milk Snack- no AM Snacks Cheeze-its 100% Grape Juice
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <h3>FALL BREAK!</h3> <p>October 12th-16th</p> </div> </div>				
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Breakfast WGR Mini Blueberry Pancakes Fresh Apple 1% White Milk Snack Cottage Cheese Saltine Crackers	Breakfast WGR Corn Flakes Cereal Fresh Apple 1% White Milk Snack Applesauce Cup 1% White Milk	Breakfast WGR Mini Berry French Toast Fresh Apple 1% White Milk Snack Apple Cinnamon Muffin 1% White Milk	Breakfast WGR Rice Krispies Cereal Fresh Apple 1% White Milk Snack Broccoli w/ Ranch Dressing 1% White Milk	Breakfast WGR Cheesy Egg Burrito Fresh Apple 1% White Milk Snack- no AM Snacks Cheddar Goldfish 100% Apple Juice
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Breakfast WGR Breakfast Pizza Fresh Apple 1% White Milk Snack Blueberry Muffin 1% White Milk	Breakfast WGR Rice Krispies Cereal Fresh Apple 1% White Milk Snack String Cheese Saltine Crackers	Breakfast WGR Mini Maple Waffles Fresh Apple 1% White Milk Snack Cucumber Slices w/ Ranch 1% White Milk	Breakfast WGR Corn Flakes Cereal Fresh Apple 1% White Milk Snack Vanilla Yogurt Sliced Peaches	Breakfast Cheesy Scramble w/ WGR Toast Fresh Apple 1% White Milk Snack- no AM Snacks Cheeze-its 100% Apple Juice

Whole milk is provided for children 12-23 months and 1% or skim milk will be provided for all children 24 months and older. Water is offered with all meals. All juices served are 100% fruit juice. All cheeses are low-fat. All cereals served contain no more than 6 grams of sugar per dry ounce. All yogurts served contain no more than 23 grams of sugar per 6 ounces. WGR indicates whole grain rich.

This institution is an equal opportunity provider.

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