



AUGUST 2020

Pre-K Breakfast & Snack Menu



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>Breakfast</p> <p>WGR Egg & Cheese Burrito Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cheez-its 100% Apple Juice</p>	<p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Baby Carrots w/ Ranch 1% White Milk</p>	<p>Breakfast</p> <p>WGR Breakfast Pizza Fresh Apple 1% White Milk</p> <p>Snack</p> <p>String Cheese Saltine Crackers</p>	<p>Breakfast</p> <p>Egg Scramble w/ WGR Toast Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Apple Cinnamon Muffin 1% White Milk</p>	<p>Breakfast</p> <p>WGR Corn Flakes Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Goldfish 100% Orange Juice</p>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<p>Breakfast</p> <p>WGR Breakfast Pizza Fresh Apple 1% White Milk</p> <p>Snack</p> <p>String Cheese Saltine Crackers</p>	<p>Breakfast</p> <p>WGR Corn Flakes Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Fresh Orange Slices 1% White Milk</p>	<p>Breakfast</p> <p>Egg Scramble w/ WGR Toast Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Goldfish 100% Grape Juice</p>	<p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Broccoli w/ Ranch 1% White Milk</p>	<p>Breakfast</p> <p>WGR Egg & Cheese Burrito Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cheez-its 100% Apple Juice</p>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p>Breakfast</p> <p>WGR Corn Flakes Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Vanilla Yogurt 1% White Milk</p>	<p>Breakfast</p> <p>WGR Mini Pancakes Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Goldfish 100% Orange Juice</p>	<p>Breakfast</p> <p>WGR Egg & Cheese Burrito Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Applesauce Cup 1% White Milk</p>	<p>Breakfast</p> <p>WGR Mini Maple Waffles Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Bell Pepper w/ Ranch 1% White Milk</p>	<p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cottage Cheese Saltine Crackers</p>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>Breakfast</p> <p>Egg Scramble w/ WGR Toast Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cheez-its 100% Grape Juice</p>	<p>Breakfast</p> <p>WGR Corn Flakes Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cucumber w/ Ranch 1% White Milk</p>	<p>Breakfast</p> <p>WGR Breakfast Pizza Fresh Apple 1% White Milk</p> <p>Snack</p> <p>String Cheese 100% Apple Juice</p>	<p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Fresh Orange Slices 1% White Milk</p>	<p>Breakfast</p> <p>WGR Mini Pancakes Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Vanilla Yogurt 1% White Milk</p>
Monday 31				
<p>Breakfast</p> <p>WGR Egg & Cheese Burrito Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cottage Cheese Saltine Crackers</p>				

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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