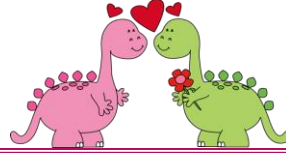




FEBRUARY 2021

Pre-K Breakfast & Snack Menu



| Monday 1 | Tuesday 26 | Wednesday 3 | Thursday 4 | Friday 5 |
|--|--|---|--|---|
| <p>Breakfast</p> <p>WGR Breakfast Pizza Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cottage Cheese Saltine Crackers</p> | <p>Breakfast</p> <p>WGR Banana Muffin Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Bell Pepper w/ Ranch 1% White Milk</p> | <p>Breakfast</p> <p>Scramble w/ WGR Toast Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Fresh Orange Slices 1% White Milk</p> | <p>Breakfast</p> <p>WGR Mini Waffles Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Apple Cinnamon Muffin 1% White Milk</p> | <p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack- PM Only</p> <p>Goldfish 100% Apple Juice</p> |
| Monday 8 | Tuesday 9 | Wednesday 10 | Thursday 11 | Friday 12 |
| <p>Breakfast</p> <p>WGR French Toast Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Sliced Peaches Vanilla Yogurt</p> | <p>Breakfast</p> <p>WGR Breakfast Burrito Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Applesauce Cup 1% White Milk</p> | <p>Breakfast</p> <p>WGR Mini Pancakes Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Broccoli w/ Ranch 1% White Milk</p> | <p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>String Cheese Saltine Crackers</p> | <p>Breakfast</p> <p>WGR Mini Waffles Fresh Apple 1% White Milk</p> <p>Snack- PM Only</p> <p>Cheez-Its 100% Orange Juice</p> |
| Monday 15 | Tuesday 16 | Wednesday 17 | Thursday 18 | Friday 19 |
| <p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Banana Muffin 1% White Milk</p> | <p>Breakfast</p> <p>WGR Mini Pancakes Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Fresh Orange Slices 1% White Milk</p> | <p>Breakfast</p> <p>WGR Breakfast Burrito Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cottage Cheese Saltine Crackers</p> | <p>Breakfast</p> <p>WGR Blueberry Muffin Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Cucumbers Slices w/ Ranch 1% White Milk</p> | <p>Breakfast</p> <p>WGR Breakfast Pizza Fresh Apple 1% White Milk</p> <p>Snack- PM Only</p> <p>Goldfish 100% Apple Juice</p> |
| Monday 22 | Tuesday 23 | Wednesday 24 | Thursday 25 | Friday 26 |
| <p>Breakfast</p> <p>WGR Mini Waffles Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Applesauce Cup 1% White Milk</p> | <p>Breakfast</p> <p>WGR French Toast Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Sliced Peaches Vanilla Yogurt</p> | <p>Breakfast</p> <p>WGR Rice Krispies Cereal Fresh Apple 1% White Milk</p> <p>Snack</p> <p>Bell Pepper w/ Ranch 1% White Milk</p> | <p>Rodeo Break  NO SCHOOL</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.

Food Service Director :: Carl Thompson :: Email :: Carl.Thompson@fwusd.org :: Phone :: (520)696-8623