



# SEPTEMBER 2020

## Pre-K Breakfast & Snack Menu



This institution is an equal opportunity provider

	<b>Tuesday 1</b>	<b>Wednesday 26</b>	<b>Thursday 3</b>	<b>Friday 4</b>
	<b>Breakfast</b> WGR Corn Flakes Cereal Fresh Apple 1% White Milk <b>Snack</b> Applesauce Cup 1% White Milk	<b>Breakfast</b> WGR Mini Pancakes Fresh Apple 1% White Milk <b>Snack</b> Goldfish 100% Orange Juice	<b>Breakfast</b> WGR Rice Krispies Fresh Apple 1% White Milk <b>Snack</b> Broccoli w/ Ranch 1% White Milk	<b>Breakfast</b> WGR Mini Maple Waffles Fresh Apple 1% White Milk <b>Snack</b> Blueberry Muffin 1% White Milk
<b>Monday 7</b>	<b>Tuesday 8</b>	<b>Wednesday 9</b>	<b>Thursday 10</b>	<b>Friday 11</b>
Labor Day	<b>Breakfast</b> WGR Mini Maple Waffles Fresh Apple 1% White Milk <b>Snack</b> Cucumber Slices w/ Ranch 1% White Milk	<b>Breakfast</b> WGR Corn Flakes Cereal Fresh Apple 1% White Milk <b>Snack</b> Cheez-its 100% Grape Juice	<b>Breakfast</b> Egg Scramble w/ WGR Toast Fresh Apple 1% White Milk <b>Snack</b> String Cheese Saltine Crackers	<b>Breakfast</b> WGR Breakfast Pizza Fresh Apple 1% White Milk <b>Snack</b> Fresh Orange Slices 1% White Milk
<b>Monday 14</b>	<b>Tuesday 15</b>	<b>Wednesday 16</b>	<b>Thursday 17</b>	<b>Friday 18</b>
<b>Breakfast</b> WGR Mini Pancakes Fresh Apple 1% White Milk <b>Snack</b> Cottage Cheese Saltine Crackers	<b>Breakfast</b> WGR Rice Krispies Cereal Fresh Apple 1% White Milk <b>Snack</b> Goldfish 100% Apple Juice	<b>Breakfast</b> WGR Egg & Cheese Burrito Fresh Apple 1% White Milk <b>Snack</b> Applesauce Cup 1% White Milk	<b>Breakfast</b> WGR French Toast Fresh Apple 1% White Milk <b>Snack</b> Apple Cinnamon Muffin 1% White Milk	<b>Breakfast</b> WGR Corn Flakes Cereal Fresh Apple 1% White Milk <b>Snack</b> Bell Pepper w/ Ranch 1% White Milk
<b>Monday 21</b>	<b>Tuesday 22</b>	<b>Wednesday 23</b>	<b>Thursday 24</b>	<b>Friday 25</b>
<b>Breakfast</b> Egg Scramble w/ WGR Toast Fresh Apple 1% White Milk <b>Snack</b> Vanilla Yogurt 1% White Milk	<b>Breakfast</b> WGR Breakfast Pizza Fresh Apple 1% White Milk <b>Snack</b> String Cheese 100% Grape Juice	<b>Breakfast</b> WGR Rice Krispies Cereal Fresh Apple 1% White Milk <b>Snack</b> Broccoli w/ Ranch 1% White Milk	<b>Breakfast</b> WGR Mini Maple Waffles Fresh Apple 1% White Milk <b>Snack</b> Fresh Orange Slices 1% White Milk	<b>Breakfast</b> WGR Corn Flakes Cereal Fresh Apple 1% White Milk <b>Snack</b> Cheez-its 100% Apple Juice
<b>Monday 28</b>	<b>Tuesday 29</b>	<b>Wednesday 30</b>		
<b>Breakfast</b> WGR French Toast Fresh Apple 1% White Milk <b>Snack</b> Blueberry Muffin 1% White Milk	<b>Breakfast</b> WGR Rice Krispies Cereal Fresh Apple 1% White Milk <b>Snack</b> Applesauce Cup 1% White Milk	<b>Breakfast</b> WGR Mini Pancakes Fresh Apple 1% White Milk <b>Snack</b> Cucumber Slices w/ Ranch 1% White Milk		

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**