

# 2019-2020 STAFFORD PRE-K BREAKFAST CYCLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CYCLE 1</b> <b>MINI CHOC CHIP MUFFIN</b> <b>APPLESAUCE</b> <b>1% WHITE MILK</b>	<b>CYCLE 1</b> <b>CHEDDAR CHEESE STICK</b> <b>SLICED FRESH APPLES</b> <b>1% WHITE MILK</b>	<b>CYCLE 1</b> <b>HONEY NUT CHERRIOS</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 1</b> <b>MINI BANANA MUFFIN</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 1</b> <b>CINNAMON FROSTED</b> <b>FLAKES CEREAL</b> <b>APPLE JUICE</b> <b>1% WHITE MILK</b>
<b>CYCLE 2</b> <b>MINI BLUEBERRY MUFFIN</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 2</b> <b>HARD BOILED EGG</b> <b>APPLE SLICES</b> <b>1% WHITE MILK</b>	<b>CYCLE 2</b> <b>RICE KRISPIES CEREAL</b> <b>SLICED FRESH APPLES</b> <b>1% WHITE MILK</b>	<b>CYCLE 2</b> <b>SOY BUTTER</b> <b>CRACKERS</b> <b>APPLE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 2</b> <b>HONEY NUT CHERRIOS</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>
<b>CYCLE 3</b> <b>ENGLISH MUFFIN</b> <b>WITH JELLY</b> <b>APPLE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 3</b> <b>YOGURT CUP</b> <b>PEACHY APPLESAUCE</b> <b>1% WHITE MILK</b>	<b>CYCLE 3</b> <b>MINI DOUBLE CHOC MUFFIN</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 3</b> <b>CHEDDAR CHEESE STICK</b> <b>SLICED FRESH APPLES</b> <b>1% WHITE MILK</b>	<b>CYCLE 3</b> <b>HONEY NUT CHEERIOS</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>
<b>CYCLE 4</b> <b>HARD BOILED EGG</b> <b>SLICED FRESH APPLES</b> <b>1% WHITE MILK</b>	<b>CYCLE 4</b> <b>RICE KRISPIES CEREAL</b> <b>ORANGE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 4</b> <b>GOGURT</b> <b>PEACHY APPLESAUCE</b> <b>1% WHITE MILK</b>	<b>CYCLE 4</b> <b>SOY BUTTER</b> <b>CRACKERS</b> <b>APPLE JUICE</b> <b>1% WHITE MILK</b>	<b>CYCLE 4</b> <b>CINNAMON TOAST CRUNCH</b> <b>CEREAL</b> <b>FRESH FRUIT</b> <b>1% WHITE MILK</b>
<b>CYCLE 1 WEEK OF</b> <b>8/14/19 - 8/16/19</b> <b>9/9/19 - 9/13/19</b> <b>10/7/19 - 10/11/19</b> <b>11/4/19 - 11/8/19</b> <b>12/2/19 - 12/6/19</b> <b>1/27/20 - 1/31/20</b> <b>2/24/20 - 2/28/20</b> <b>3/23/20 - 3/27/20</b> <b>4/20/20 - 4/24/20</b> <i>Manager's Choice</i> <b>5/18/20 - 5/22/20</b>	<b>CYCLE 2 WEEK OF</b> <b>8/19/19 - 8/23/19</b> <b>9/16/19 - 9/20/19</b> <b>10/14/19 - 10/18/19</b> <b>11/11/19 - 11/15/19</b> <b>12/9/19 - 12/13/19</b> <b>1/6/20 - 1/10/20</b> <b>2/3/20 - 2/7/20</b> <b>3/2/20 - 3/6/20</b> <b>3/30/20 - 4/3/20</b> <b>4/27/20 - 5/1/20</b>	<b>CYCLE 3 WEEK OF</b> <b>8/26/19 - 8/30/19</b> <b>9/23/19 - 9/27/19</b> <b>10/21/19 - 10/25/19</b> <b>11/18/19 - 11/22/19</b> <b>12/16/19 - 12/19/19</b> <b>1/13/20 - 1/17/20</b> <b>2/10/20 - 2/14/20</b> <b>4/6/20 - 4/10/20</b> <b>5/4/20 - 5/8/20</b>	<b>CYCLE 4 WEEK OF</b> <b>9/2/19 - 9/6/19</b> <b>9/30/19 - 10/4/19</b> <b>10/28/19 - 11/1/19</b> <b>1/20/20 - 1/24/20</b> <b>2/17/20 - 2/21/20</b> <b>3/16/20 - 3/20/20</b> <b>4/13/20 - 4/17/20</b> <b>5/11/20 - 5/15/20</b>  <b>MENUS SUBJECT TO CHANGE</b>	<b>To make a payment or view student balance information please visit</b> <a href="http://www.schoolcafe.com">www.schoolcafe.com</a>  <b>Meal Prices</b> <b>Breakfast FREE</b> <b>Lunch FREE</b> <b>Adult Breakfast \$2.50</b> <b>Adult Lunch \$3.75</b>

Cafeteria Manager: Pat Briones 281-261-9273 OR pbriones@staffordmsd.org

PER USDA REGULATIONS: PRE-K MUST HAVE SEPARATE MENUS. STUDENTS MUST TAKE ALL FOOD ITEMS. 1% WHITE MILK ONLY IS SERVED.



## FUELING THE MINDS OF TOMORROW



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