

Kings Canyon USD
PRE-K BREAKFAST MENU
 October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Pancake on a Stick JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% Assorted Condiments	Oct - 4 Breakfast Pizza Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1%	Oct - 5 WGR Berry Waffles BANANAS, FRESH JUICE, FRUIT, ASSORTED MILK WHITE 1% SYRUP,PANCAKE, IW	Oct - 6 Egg/Potato Scramble JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% Assorted Condiments	Oct - 7 Yogurt and Cereal Bowl Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1%
Oct - 10 CHERRIOS & CHEESE Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1%	Oct - 11 Breakfast Pizza JUICE, FRUIT, ASSORTED Fruit Cup, Variety MILK WHITE 1%	Oct - 12 WGR Green Chile Burrito Raisels, Variety 1/2 Cup Fresh Fruit MILK WHITE 1% Assorted Condiments	Oct - 13 French Toast Sticks Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW	Oct - 14 Cinn Pancakes JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW
Oct - 17 French Toast Sticks JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW	Oct - 18 Breakfast Pizza Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1% Assorted Condiments	Oct - 19 WGR Quesadilla JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW	Oct - 20 WGR Cinn Toast Cereal JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1%	Oct - 21 WGR Biscuit Sandwich Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1% Assorted Condiments
Oct - 24 Egg/Potato Scramble Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1%	Oct - 25 Breakfast Pizza Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1%	Oct - 26 Waffle Sandwich JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW	Oct - 27 Cinn Pancakes JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW	Oct - 28 Tornado Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK WHITE 1%
Oct - 31 Pancake on a Stick JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK WHITE 1% SYRUP,PANCAKE, IW				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.