



PRE-K-BREAKFAST

2022

2 Week Cycle Menu

Week 1	Monday October 3, 2022	Tuesday October 4, 2022	Wednesday October 5, 2022	Thursday October 6, 2022	Friday October 7, 2022
Grain/Meat/Meat Alt.	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage	-Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable:	Chilled Fruit Cup	100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 2	Monday October 10, 2022	Tuesday October 11, 2022	Wednesday October 12, 2022	Thursday October 13, 2022	Friday October 14, 2022
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	Steak on Southern Biscuit	Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry
Fruit/Vegetable:	-100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges	100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

program.intake@usda.gov

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