



# PRE-K-BREAKFAST

# 2022

## 2 Week Cycle Menu

Week 1	Monday	Tuesday	Wednesday	Thursday December 1, 2022	Friday December 2, 2022
Grain/Meat/Meat Alt.				-Eggo Waffle (1) w./Syrup & Turkey Sausage	-Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable:				100% Fruit Juice	Fresh Orange Wedges
Milk				Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 2	Monday December 5, 2022	Tuesday December 6, 2022	Wednesday December 7, 2022	Thursday December 8, 2022	Friday December 9, 2022
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Yogurt w. /WG Muffin	Steak on Southern Biscuit	Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry
Fruit/Vegetable:	Apple slices	Chilled Fruit Cup	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

Week 3	Monday December 12, 2022	Tuesday December 13, 2022	Wednesday December 14, 2022	Thursday December 15, 2022	Friday December 16, 2022
<b>Grain/Meat/Meat Alt.</b>	-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
<b>Fruit/Vegetable:</b>	Chilled Fruit Cup	100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
<b>Milk</b>	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



<b>Monday December 19, 2022</b>	<b>Tuesday December 20, 2022</b>	<b>Wednesday December 21, 2022</b>	<b>Friday December 22, 2022</b>	<b>Friday December 22, 2022</b>
<b>Monday December 26, 2022</b>	<b>Tuesday December 27, 2022</b>	<b>Wednesday December 28, 2022</b>	<b>Thursday December 29, 2022</b>	<b>Friday December 30, 2022</b>

**HAPPY HOLIDAYS!**

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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](mailto:program.intake@usda.gov)

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