

Pre-K Breakfast



*Pre-K School
Breakfast Menu*

Winter 2023

Breakfast includes:

- 1 Entree,
- 1 Fruit, and 1 Milk

Menu subject to change due to item availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
Entree Fruit Milk	<ul style="list-style-type: none"> Waffle Mixed Fruit Unflavored Milk 	<i>Schools Closed Caregiver/Teacher Conferences</i>	<ul style="list-style-type: none"> Cereal Bowl Peach Cup Unflavored Milk 	<ul style="list-style-type: none"> Biscuit w/jelly Diced Pears Unflavored Milk 	<ul style="list-style-type: none"> Banana Bread Applesauce Cup Unflavored Milk
<i>Week 2</i>	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
Entree Fruit Milk	<i>RPS Closed Diwali</i>	<ul style="list-style-type: none"> Turkey Sausage Pancake Wrap Mixed Fruit Unflavored Milk 	<ul style="list-style-type: none"> Chicken Biscuit Orange Unflavored Milk 	<ul style="list-style-type: none"> Waffle w/syrup Apple Slices Unflavored Milk 	<ul style="list-style-type: none"> Yogurt Cup w/Granola Peach Cup Unflavored Milk
<i>Week 3</i>	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
Entree Fruit Milk	<ul style="list-style-type: none"> French Toast Sticks (2) Banana Unflavored Milk 	<ul style="list-style-type: none"> Muffin Diced Pears Unflavored Milk 	**Thanksgiving	Break	RPS Closed**

Additional Daily Entree Options

- Vegetarian options are available upon request

(varies by school, see your cafe manager for details)

Nutrition Bites

- November is National Native American Heritage Month.
- Commemorate National Native American Heritage Month with indigenous foods!
- Try recipes and cooking techniques as we enjoy native ingredients during holiday celebrations that still nourish us today at <https://www.firstnations.org/knowledge-center/recipes/>



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
Entree Fruit Milk	<ul style="list-style-type: none"> ● Waffle ● Mixed Fruit ● Unflavored Milk 	<ul style="list-style-type: none"> ● Turkey Sausage Biscuit ● Apple Slices ● Unflavored Milk 	<ul style="list-style-type: none"> ● Cereal Bowl ● Peach Cup ● Unflavored Milk 	<ul style="list-style-type: none"> ● Biscuit w/jelly ● Diced Pears ● Unflavored Milk 	<ul style="list-style-type: none"> ● Banana Bread ● Applesauce Cup ● Unflavored Milk
<i>Week 2</i>	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
Entree Fruit Milk	<ul style="list-style-type: none"> ● Cereal Bowl ● Strawberry Cup ● Unflavored Milk 	<ul style="list-style-type: none"> ● Turkey Sausage Pancake Wrap ● Mixed Fruit ● Unflavored Milk 	<ul style="list-style-type: none"> ● Chicken Biscuit ● Orange ● Unflavored Milk 	<ul style="list-style-type: none"> ● Waffle w/syrup ● Apple Slices ● Unflavored Milk 	<ul style="list-style-type: none"> ● Yogurt Cup w/Granola ● Peach Cup ● Unflavored Milk
<i>Week 3</i>	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
Entree Fruit Milk	<ul style="list-style-type: none"> ● French Toast Sticks (2) ● Banana ● Unflavored Milk 	<ul style="list-style-type: none"> ● Muffin ● Diced Pears ● Unflavored Milk 	<ul style="list-style-type: none"> ● Egg & Cheese on English Muffin ● Orange ● Unflavored Milk 	<ul style="list-style-type: none"> ● Yogurt w/Granola ● Peach Cup ● Unflavored Milk 	<ul style="list-style-type: none"> ● Cereal Bowl ● Applesauce Cup ● Unflavored Milk

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Nutrition Bites

- Did you know: Health experts recommend children ages 4-8 eat at least 2 servings of fruit every day, and ages 9-18 eat at least 3-4 servings of fruit every day.
- Learn more about types of fruits and serving sizes at: <https://kidseatincolor.com/fruits-for-kids/>