

Pre-school/ Sp. Ed/Head Start (3-5 Years)

Breakfast Menu Winter 2023 -24

+Breaks/Holidays
^First/ Last Day

Monday	Tuesday	Wednesday	Thursday	Friday	
WG Assorted Cereals 1oz. Frosted Mini Wheat, Cinnamon Chex Orange ½ c 1 % White Milk	Assorted Yogurt 4oz. Strawberry/ Straw Banana Rockin' granola 1oz. WG Apple slices ½ c 1 % White Milk	WG Assorted Cereals 1oz. Frosted Mini Wheat Cinnamon Chex Fruit Mix ½ c 1 % White Milk	WG Breakfast Pizza. Banana-½ c 1 % White Milk	French Toast (2 ea) 2 oz. WG Apple sauce ½ c 1 % White Milk	11/13-11/17 12/4-12/8 12/25-12/29 1/15-1/19 2/5-2/9 2/26-3/1
WG Assorted Cereals 1oz. Frosted Mini Wheat Cinnamon Chex Orange ½ c 1 % White Milk	WG Mini Maple Waffles 2oz. Apple sauce ½ c 1 % White Milk	BRK Chorizo & Cheese Bolillo Fruit Mix ½ c 1 % White Milk	WG Assorted Cereals 1oz. Frosted Mini Wheat/ Cinnamon Chex Banana-½ c 1 % White Milk	Assorted Yogurt 4oz. Strawberry/ Straw Banana Rockin' granola 1oz. WG Apple slices ½ c 1 % White Milk	11/20-11/24 12/11-12/14 1/1-1/5 1/22-1/26 2/12-2/16
2 Pancake & 1 Turkey sausage 2oz. WG, 1oz. M/MA Syrup Apple sauce ½ c 1 % White Milk	WG Assorted Cereals 1oz. Frosted Mini Wheat Cinnamon Chex Fruit Mix ½ c 1 % White Milk	Assorted Yogurt 4oz. Strawberry/ Straw Banana Rockin' granola 1oz. WG Apple slices ½ c 1 % White Milk	Cheese Quesadilla on 6" Tortilla 1oz. WG, 1.5 MA Banana ½ c 1 % White Milk	WG Assorted Cereals 1oz. Frosted Mini Wheat Cinnamon Chex Orange ½ c 1 % White Milk	11/6-11/10 11/27-12/1 12/18-12/22 1/8-1/12 1/29-2/2 2/19-2/23

Whole Grains Rich (WGR) foods offered daily

M/MA= Meat/ Meat Alternate

This Institution is an equal opportunity provider and employer