

Breakfast Pre-K



August / September
2024

School Nutrition Programs Our meals meet strict federal nutrition standards, including limits for calories, sugar, saturated fat, and sodium. At least 80% of the grains offered per week are Whole Grain-Rich (WGR, WG) School Breakfast Consists of an entrée, chilled fruit, juice, and milk. Students are encouraged to select all of these items but must choose at least three – one of which must be fruit or fruit juice. Waterbury's Wellness Policy Can be viewed at: https://rb.gy/70hgug Breakfast & Lunch Menus are posted on Parent Square. Additional Resources MyPlate End Hunger CT SNAP 	Monday	Tuesday	Wednesday	Thursday	Friday	Thanks to the Community Eligibility Program, all our complete and nutritious meals are served at NO CHARGE to all students, with no need to apply! Second Choice Meals are Offered Daily Modified Meals are available if needed. Please contact the Waterbury Food Service Department (203)-346-2376 WPS participates in the Fresh Fruit and Vegetable Program, where students are provided free fresh fruit & vegetables for a snack during the school day MILK Low-Fat White Fat-Free Chocolate Fat-Free Strawberry Fat-Free, Lactose-Free White CHILLED FRUIT CHOICE Variety of Fresh or Canned Applesauce 100% FRUIT JUICE Apple Orange Grape Fruit Punch The City of Waterbury Schools Food Service is "Pork-Free" No pork is served or sold by our Child Nutrition Program. This Institution is an Equal Opportunity Provider Menu is Subject to Change 8/20/24
	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	
First Day of School! Banana Bread Chilled Fruit Low Fat Milk	Cherry Vanilla Yogurt Chocolate Bear Grahams Chilled Fruit Low Fat Milk	Egg Patty with Chicken Sausage WG Dinner Roll 100% Fruit Juice Low Fat Milk 	Rice Chex Chilled Fruit Low Fat Milk	Honey Wheat Bagel Cream Cheese Chilled Fruit Low Fat Milk		
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep		
Labor Day No School	Cheerios Chilled Fruit Low Fat Milk	Mini Confetti Pancakes Syrup 100% Fruit Juice Low Fat Milk 	Chocolate Chip Muffin Chilled Fruit Low Fat Milk	Strawberry Yogurt Vanilla Bear Grahams Chilled Fruit Low Fat Milk		
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep		
Froot Loops Waffles Chilled Fruit Low Fat Milk	Rice Chex Chilled Fruit Low Fat Milk	Surprise Breakfast WG Graham Crackers 100% Fruit Juice Low Fat Milk	Peach Yogurt Vanilla Bear Grahams Chilled Fruit Low Fat Milk	Blueberry Muffin Strawberry Waffle Grahams Chilled Fruit Low Fat Milk		
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep		
Maple Cinnamon Buttermilk Pancakes Syrup Chilled Fruit Low Fat Milk	Cheerios Chilled Fruit Low Fat Milk	Wild Blueberry Waffle Syrup 100% Fruit Juice Low Fat Milk	Raspberry Yogurt WG Graham Crackers Chilled Fruit Low Fat Milk	Banana Muffin Chilled Fruit Low Fat Milk		
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep		
Mini Maple Waffles Syrup Chilled Fruit Low Fat Milk	Rice Chex Chilled Fruit Low Fat Milk	French Toast Sticks Syrup 100% Fruit Juice Low Fat Milk 	Blueberry Yogurt WG Graham Crackers Chilled Fruit Low Fat Milk	Surprise Breakfast WG Graham Crackers Chilled Fruit Low Fat Milk		