

Pre-K Breakfast



*Pre-K School
Breakfast Menu*

Winter 2025

Breakfast includes:
Choice of 1 Entree,
1-2 Fruits, and 1 Milk

Menu subject to change
due to item availability

Vegetarian options are
available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Turkey Sausage Biscuit Chilled Peaches Low-fat Milk 	<ul style="list-style-type: none"> Muffin Fresh Fruit Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Cheerios Cereal Bowl Chilled Pears Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Country Steak Biscuit Fresh Fruit Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Mini Waffles Chilled Pineapple Unflavored Low-fat Milk
<i>Week 2</i>	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Cinnamon Toast Crunch Cereal Bowl Mandarin Oranges Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Muffin Fresh Fruit Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Egg & Cheese Biscuit Applesauce Cup Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Banana Bread Slice Fresh Fruit Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Mini Pancakes Mixed Fruit Unflavored Low-fat Milk
<i>Week 3</i>	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Cheerios Cereal Bowl Chilled Peaches Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Blueberry Waffle Envy Banana Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Egg-Cheese Eng. Muffin Chilled Pears Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Chicken Biscuit Fresh Fruit Unflavored Low-fat Milk 	<ul style="list-style-type: none"> Mini Creamy Cheese Bagels Chilled Pineapple Unflavored Low-fat Milk

Alternative Entree Options

Nutrition Bites

February's *Nutrition Bites*: Celebrate the Virginia harvest of the month—butternut squash! This vibrant vegetable is rich in vitamins A and C, fiber, and potassium, making it a heart-healthy choice. Roast it, mash it, or add it to soups and pasta dishes at home for a delicious and nutritious meal your family will enjoy!