MCIU PRE-K COUNTS

SEPTEMBER

For more information regarding the food service provided, please contact Brittany Frazer, Food Service Supervisor at bfrazer@umasd.org 610-205-8804

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	31 WG Banana Muffin with Applesauce and Cheese Stick ----	1 	2 WG Oatmeal Bar with Diced Pears ---- Cheesy Pizza Strips-V with Sliced Cucumber Apple Slices and Brownie Hummus	3 WG Bagel & Cream Cheese with a Clementine ---- French Toast Sticks with Egg Patty-V with Baby Carrots/Ranch and Peach Slices	4 Chex Cereal Bowl with Banana ---- Turkey and Cheese on WG Bun with Broccoli Spears/Ranch and Mixed Fruit Alt: Cheese Sandwich on WG Bread
Week 2	7 LABOR DAY HOLIDAY	8 Kix Cereal Bowl with Banana ---- Cheese Burger on WG Bun with Baby Carrots/Ranch and Mixed Fruit Alt: Black Bean Burger on WG Bun	9 Mini WG Pancakes with Diced Pears ---- Grilled Chicken and Rice with Lettuce & Tomato toppings, Apple Slices and Brownie Hummus Alt: Sunbutter&Grape Sandwich	10 WG Croissant & Apple Butter with Clementine ---- WG Mac&Cheese-V with Steamed Mixed Veggies and Peach Slices	11 Cinnamon Overnight Oats with Strawberries ---- Sliced Beef Hot Dog on WG Bun with Baked Beans and Mandarin Oranges Alt: Cheese Sandwich on WG Bread
Week 3	14 WG Corn Muffin with Applesauce and Cheese Stick ---- Popcorn Chicken and WG Dinner Roll with Steamed Peas and Blueberries Alt: Veggie Nuggets and WG dinner roll	15 Chex Cereal Bowl with Banana ---- Turkey and Cheese on WG Bun with Broccoli Spears/Ranch and Mixed Fruit Alt: Cheese Sandwich on WG Bread	16 WG Mini Maple Waffles with Diced Pears ---- Turkey Corndog Nuggets with Steamed Corn and Apple Slices Alt: Sunbutter&Grape Sandwich	17 WG Bagel & Cream Cheese with a Clementine ---- Beef Lo Mein with Steamed Broccoli and Peach Slices Alt: Sunbutter&Grape Sandwich	18 Vanilla Yogurt & Graham Crackers with Strawberries ---- Beef and Cheese WG Soft Taco with Black Beans and Mandarin Oranges Alt: Cheese Quesadilla
Week 4	21 YOM KIPPUR HOLIDAY	22 Kix Cereal Bowl with Banana ---- Sloppy Joe on WG Bun with Steamed Carrots and Mixed Fruit Alt: Black Bean Burger on WG Bun	WG English Muffin & Grape Jelly 23 with Diced Pears ---- Chicken Tenders with WG Dinner Roll, Sliced Cucumbers and Apple Slices Alt: Veggie Nuggets and WG Dinner Roll	WG Croissant & Apple Butter 24 with Clementine ---- Cheesy Egg Bites and WG Cracker-V with Hashbrown/Ketchup and Peach Slices	25 Cinnamon Overnight Oats with Strawberries ---- Cheese Lasagna in Sauce-V with Steamed Broccoli Spears and Mandarin Oranges
Week 1	28 WG Banana Muffin with Applesauce and Cheese Stick ---- WG Spaghetti and Meatballs with Broccoli Spears/Ranch and Blueberries Alt: WG Spaghetti with Cheese Stick	29 Chex Cereal Bowl with Banana ---- Breaded Chicken on WG Bun with Smile Fries/Ketchup and Mixed Fruit Alt: Cheese Sandwich on WG Bread	30 WG Oatmeal Bar with Diced Pears ---- Cheesy Pizza Strips-V with Sliced Cucumber Apple Slices and Brownie Hummus	1 WG Bagel & Cream Cheese with a Clementine ---- French Toast Sticks with Egg Patty-V with Baby Carrots/Ranch and Peach Slices	2 Vanilla Yogurt & Graham Crackers with Strawberries ---- Roasted Turkey in Gravy with Mashed Potatoes, WG dinner roll, and Mandarin Oranges Alt: Veggie Nuggets and WG Dinner Roll

Pre-K BREAKFAST SERVING SIZES:
Plain Milk: 6oz, Fruits: ½cup, Grains: ½oz eq, Meat/Meat Alternate: ½oz

Pre-K LUNCH SERVING SIZES:
Milk: 6oz, Fruits: ½cup, Vegetables: ½cup, Grains: ½oz eq, Meat/Meat Alternate: 1½oz

*Milk options are fat-free & 1% White Milk. Soy Milk will be available as an alternate
*All grain components are whole grain
*Fruit Options will vary based on season and availability
*All cereals contain no more than 6g of sugar/svg
*All yogurt contains no more than 23g of sugar/svg
Menu is subject to change
This institution is an equal opportunity provider