




# March



## 2022-2023 Preschool Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pancakes W/syrup  Fruit juice	2 Chef's Inspiration  Tangelo	3 Egg & Sausage Burrito  Apple
6 Cold Cereal  Orange wedges	7 Fresh Biscuit W/ Sausage  Fresh Berries	8 Yogurt Graham crackers  Fruit Juice	9 Breakfast Pizza w/sausage  Banana	10 Half bagel W/cream cheese  Fresh Apple sauce
13 French toast Jelly  Fruit juice	14 Cheese & sausage Quesadilla  Banana	15 Yogurt Graham crackers  Mandarin	16 Pancakes W/syrup  Fresh strawberries	17  <b>St. Patrick's Day No School</b>
20 Breakfast Pizza W/sausage  Orange wedges	21 Half Bagel & ham Sandwich  Fresh apple sauce	22 Chef's Inspiration  Tangelo	23 Blueberry Muffin  Fruit juice	24 Cold Cereal  Fresh Strawberries
27 Pancakes W/syrup  Orange wedges	28 Fruit smoothie Graham crackers	29 Cold cereal  Fresh blackberries	30 Over night Oatmeal  Fresh strawberries	31 Chef's Inspiration

\*Menu is subject to change without notice\* \*Not all items may be available everyday\*

"All of the Grains/Bread items served are whole grain at 1 1/2 oz equivalent

Offered Daily: 6oz 1% unflavored milk, 1/4 cup of fruit, 1/4 cup of vegetables, 1 1/2 oz. equivalent of meat/meat alternatives

Serving Ages: 3-5 years old