



November

2022-2023 Pre-school Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast pizza Fruit juice	2 Fruit smoothie Graham cracker String cheese	3 Cinnamon roll Breakfast sausage Orange wedges	4 Concha String cheese Mandarin
7 Chef's Special	8 Benefit cereal bar Cheese string ! Fruit juice	9 Cold Cereal Graham Crackers Fresh Fruit	10 Waffle Greek Yogurt With Berries	11  Veteran's Day No School
14 Cold Cereal String Cheese	15 Ham & Cheese Bagel Orange Wedges	16 Oven Baked Eggs & cheese Toasted Bread Apple	17 Yogurt Cup Graham Crackers Melon	18 Chef's Special
21				25
28 Yogurt Cup Graham Crackers Apple	29 Scrambled egg W/tater tot & toast Fruit Cup	30 Bagel W/ Cream Cheese Orange wedges		

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

