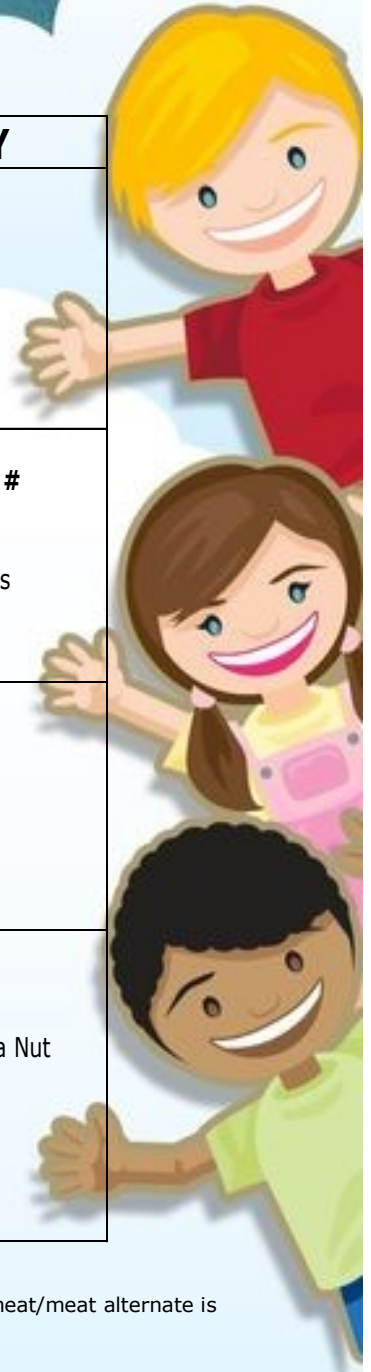


Pre-K Breakfast Menu*

(hot and cold items)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancakes WG Pancakes Applesauce 1% white milk	Yogurt Vanilla yogurt Mixed fruit 1% white milk	Cereal Cheerios cereal Sliced banana 1% white milk	Scrambled Eggs Scrambled eggs (with optional salsa) Sweet potato tots 1% white milk	Waffles WG waffles Mixed berries 1% white milk
Oatmeal Oatmeal Mixed berries 1% white milk	Eggs Hardboiled egg Pear slices 1% white milk	Muffin Apple cinnamon muffin Sliced banana 1% white milk	Cereal Life cereal Blueberries 1% white milk	Spinach Egg Bake # Egg bake Hash brown potatoes 1% white milk
Eggs Scrambled eggs Peach slices 1% white milk	Cereal Kix cereal Sliced bananas 1% white milk	Toasted English Muffin WG English muffin Applesauce 1% white milk	Yogurt Vanilla yogurt Pineapple bits 1% white milk	Biscuits Biscuits Sliced melon 1% white milk
Toast WG toast Peanut butter/nut butter Sliced grapes 1% white milk	Hot Cereal Oatmeal or cream of wheat Peach slices 1% white milk	Vegetable Frittata # Vegetable frittata Sweet potato tots 1% White Milk	Bagel WG raisin bagel/cream cheese Orange slices 1% white milk	Cereal Great Grains Banana Nut Crunch cereal Sliced banana 1% white milk



*Please refer to the [USDA CACFP Child Meal Pattern](#) for required component minimum serving sizes for age range.

Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains

Recipes:

Spinach Egg Bake – <https://whatscooking.fns.usda.gov/recipes/Child-nutrition-cnp/spinach-egg-bake>

CACFP crediting: 1 serving provides 2 oz eq meat/meat alternate + $\frac{1}{4}$ cup vegetable

Vegetable Frittata – <https://whatscooking.fns.usda.gov/quantity/Child-nutrition-cnp/vegetable-frittata>

CACFP crediting: 1 serving provides 1 $\frac{1}{2}$ oz meat/meat alternate + $\frac{1}{4}$ cup vegetable

