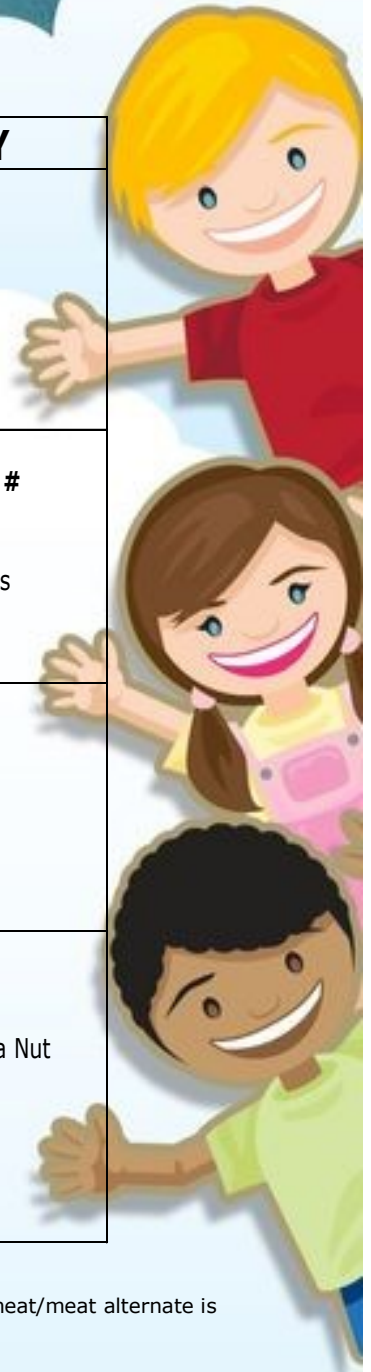


# Pre-K Breakfast Menu\*

(hot and cold items)

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