

**happiness** 😊 **guaranteed**

**February 2019**

**LSS/CRS Pre-K Breakfast Menu**

**Breakfast Price \$1.50 per day**

Monday	Tuesday	Wednesday	Thursday	Friday
4 <b>Assorted Cereal</b> Fresh or Cupped Fruit Skim or 1% Milk	5 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	6 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	7 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	8 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk
11 <b>Assorted Cereal</b> Fresh or Cupped Fruit Skim or 1% Milk	12 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	13 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	14 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	15 No School
18 No School	19 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	20 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	21 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	22 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk
25 <b>Assorted Cereal</b> Fresh or Cupped Fruit Skim or 1% Milk	26 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	27 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	28 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	1 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk



**Set the Example**  
If children see their adult role models eating fruits and vegetables, they will too!



**Fruit available every morning!**

*\*Menu subject to change without notice\**

The Dietary Guidelines for Americans recommend that boys and girls ages 2-5 eat at least 1 cup of fruit each day. **At school, children are provided with fruit at breakfast and lunch to equal 1 full cup of fruit every day.**



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This institution is an equal opportunity provider.