

happiness 😊 **guaranteed**

March 2019

LSS/CRS Pre-K Breakfast Menu

Breakfast Price \$1.50 per day

Monday	Tuesday	Wednesday	Thursday	Friday
4 Assorted Cereal Fresh or Cupped Fruit Skim or 1% Milk	5 Bagel & Cream Cheese Fresh or Cupped Fruit Skim or 1% Milk	6 Whole Grain Muffin Fresh or Cupped Fruit Skim or 1% Milk	7 Yogurt & Graham Crackers Fresh or Cupped Fruit Skim or 1% Milk	8 Assorted Hot Breakfast! Fresh or Cupped Fruit Skim or 1% Milk
11 Assorted Cereal Fresh or Cupped Fruit Skim or 1% Milk	12 Bagel & Cream Cheese Fresh or Cupped Fruit Skim or 1% Milk	13 Whole Grain Muffin Fresh or Cupped Fruit Skim or 1% Milk	14 Yogurt & Graham Crackers Fresh or Cupped Fruit Skim or 1% Milk	15 Assorted Hot Breakfast! Fresh or Cupped Fruit Skim or 1% Milk
18 No School	19 Bagel & Cream Cheese Fresh or Cupped Fruit Skim or 1% Milk	20 Whole Grain Muffin Fresh or Cupped Fruit Skim or 1% Milk	21 Yogurt & Graham Crackers Fresh or Cupped Fruit Skim or 1% Milk	22 Assorted Hot Breakfast! Fresh or Cupped Fruit Skim or 1% Milk
25 Assorted Cereal Fresh or Cupped Fruit Skim or 1% Milk	26 Bagel & Cream Cheese Fresh or Cupped Fruit Skim or 1% Milk	27 Whole Grain Muffin Fresh or Cupped Fruit Skim or 1% Milk	28 Yogurt & Graham Crackers Fresh or Cupped Fruit Skim or 1% Milk	29 Assorted Hot Breakfast! 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!



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.