



NOVEMBER 2018

PreK Breakfast & Snack Menu



This institution is an equal opportunity provider



check out our interactive online menus!
www.flowingwellschools.nutrislice.com

			Thursday 1	Friday 2
			<u>Breakfast</u> Cheerios Fresh Orange Slices 1% White Milk <u>Snack</u> Applesauce Cup 1% White Milk	<u>Breakfast</u> Egg & Cheese Breakfast Burrito Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Heartzels 100% Orange Juice
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
<u>Breakfast</u> Whole Grain Pancakes w/ Syrup Fresh Apple 1% White Milk <u>Snack</u> Mini Blueberry Muffin 1% White Milk	<u>Breakfast</u> Cheesy Egg Scramble w/ Toast Fresh Orange Slices 1% White Milk <u>Snack</u> Bean & Cheese Burrito 1% White Milk	<u>Breakfast</u> Cheerios Fresh Banana 1% White Milk <u>Snack</u> Cottage Cheese Saltine Crackers	<u>Breakfast</u> French Toast Sticks w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Fresh Broccoli w/ Ranch Dressing 1% White Milk	<u>Breakfast</u> Egg & Cheese Breakfast Burrito Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Orange Juice
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Veterans Day NO SCHOOL	<u>Breakfast</u> Pancake on a Stick w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Cheese Quesadilla 1% White Milk	<u>Breakfast</u> Warm Blueberry Muffin Fresh Banana 1% White Milk <u>Snack</u> Fresh Orange Slices 1% White Milk	<u>Breakfast</u> Whole Grain waffles w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Sausage Breakfast Pizza Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Heartzels 100% Apple Juice
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<u>Breakfast</u> French Toast Sticks w/ Syrup Fresh Apple 1% White Milk <u>Snack</u> Mozzarella String Cheese Saltine Crackers	<u>Breakfast</u> Sausage Egg Scramble w/ Toast Fresh Orange Slices 1% White Milk <u>Snack</u> Pizza 1% White Milk	<u>Breakfast</u> Cheerios Fresh Banana 1% White Milk <u>Snack</u> Bell Pepper w/ Ranch Dressing 1% White Milk		NO SCHOOL!
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<u>Breakfast</u> Sausage Breakfast Pizza Fresh Apple 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Whole Grain Pancakes w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Chicken Nuggets 1% White Milk	<u>Breakfast</u> Warm Banana Muffin Fresh Banana 1% White Milk <u>Snack</u> Applesauce Cup 1% White Milk	<u>Breakfast</u> Cheerios Fresh Orange Slices 1% White Milk <u>Snack</u> Cucumber Slices w/ Ranch Dressing 1% White Milk	<u>Breakfast</u> Sausage Breakfast Burrito Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Apple Juice

Whole milk is provided for children 12-23 months and 1% or skim milk will be provided for all children 24 months and older. Water is offered with all meals. All juices served are 100% fruit juice. All cheeses are low-fat. All cereals served contain no more than 6 grams of sugar per dry ounce. All yogurts served contain no more than 23 grams of sugar per 6 ounces. This institution is an equal opportunity provider.

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