



# AUGUST 2018

## PreK Breakfast & Snack Menu



This institution is an equal opportunity provider



check out our interactive online menus!  
[www.flowingwellschools.nutrislice.com](http://www.flowingwellschools.nutrislice.com)

			Thursday 9	Friday 10
			<u>Breakfast</u> French Toast Sticks 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% Orange Juice
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<u>Breakfast</u> Sausage & Cheese Bagel Sandwich Fresh Apple 1% White Milk <u>Snack</u> Chocolate Chip Muffin 1% White Milk	<u>Breakfast</u> Whole Grain Pancakes w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Apple Nutrigrain Bars 1% White Milk	<u>Breakfast</u> Whole Grain Cheerios Fresh Banana 1% White Milk <u>Snack</u> Fresh Orange Slices 1% White Milk	<u>Breakfast</u> Ham & Cheese Scramble Fresh Orange Slices 1% White Milk <u>Snack</u> Mozzarella String Cheese Saltine Crackers	<u>Breakfast</u> Egg & Cheese Breakfast Burrito Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Apple Juice
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<u>Breakfast</u> Sausage Breakfast Pizza Fresh Apple 1% White Milk <u>Snack</u> Apple Sauce 1% White Milk	<u>Breakfast</u> French Toast Sticks w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> 1/2 Cheese Sandwich 1% White Milk	<u>Breakfast</u> Banana Muffin w/ String Cheese Fresh Banana 1% White Milk <u>Snack</u> Bell Pepper w/ Ranch 1% White Milk	<u>Breakfast</u> Cheesy Egg Scramble Fresh Orange Slices 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Whole Grain Cheerios Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Heartzels 100% Orange Juice
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<u>Breakfast</u> Pancake on a Stick w/ Syrup Fresh Apple 1% White Milk <u>Snack</u> Saltine Crackers Cottage Cheese	<u>Breakfast</u> Whole Grain Waffles w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Pizza 1% White Milk	<u>Breakfast</u> Whole Grain Cheerios Fresh Banana 1% White Milk <u>Snack</u> Cucumber Slices w/ Ranch 1% White Milk	<u>Breakfast</u> Egg & Cheese Breakfast Burrito Fresh Orange Slices 1% White Milk <u>Snack</u> Fresh Apple 1% White Milk	<u>Breakfast</u> Sausage Biscuit Sandwich 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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