



# DECEMBER 2017

## PreK Breakfast & Snack Menu



This institution is an equal opportunity provider

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



				<b>Friday 1</b>
				<u>Breakfast</u> Cheerios Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Hartzels 100% Orange Juice
<b>Monday 4</b>	<b>Tuesday 5</b>	<b>Wednesday 6</b>	<b>Thursday 7</b>	<b>Friday 8</b>
<u>Breakfast</u> Breakfast Pizza Fresh Apple 1% White Milk <u>Snack</u> Bell Pepper & Ranch 1% White Milk	<u>Breakfast</u> Cheerios Fresh Orange Slices 1% White Milk <u>Snack</u> Mini Corn Dogs 1% White Milk	<u>Breakfast</u> Blueberry Muffin Fresh Banana 1% White Milk <u>Snack</u> Fresh Orange Slices 1% White Milk	<u>Breakfast</u> Whole Grain Pancakes Fresh Orange Slices 1% White Milk <u>Snack</u> Saltine Crackers String Cheese	<u>Breakfast</u> Egg & Cheese Burro Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Apple Juice
<b>Monday 11</b>	<b>Tuesday 12</b>	<b>Wednesday 13</b>	<b>Thursday 14</b>	<b>Friday 15</b>
<u>Breakfast</u> Pancake on a Stick Fresh Apple 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Pigs in a Blanket Fresh Orange Slices 1% White Milk <u>Snack</u> Breakfast Pizza 1% White Milk	<u>Breakfast</u> Banana Muffin Fresh Banana 1% White Milk <u>Snack</u> Saltine Crackers Cottage Cheese	<u>Breakfast</u> French Toast Sticks Fresh Orange Slices 1% White Milk <u>Snack</u> Cucumbers / Ranch 1% White Milk	<u>Breakfast</u> Cheerios Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Hartzels 100% Orange Juice
<b>Monday 18</b>	<b>Tuesday 19</b>	<b>Wednesday 20</b>	<b>Thursday 21</b>	<b>Friday 22</b>
<u>Breakfast</u> Egg & Cheese Burro Fresh Apple 1% White Milk <u>Snack</u> Saltine Crackers String Cheese	<u>Breakfast</u> Cheerios Fresh Orange Slices 1% White Milk <u>Snack</u> Chicken Nuggets 1% White Milk	<u>Breakfast</u> Pancakes Fresh Banana 1% White Milk <u>Snack</u> Broccoli w/ Ranch 1% White Milk	<u>Breakfast</u> Breakfast Pizza Fresh Orange Slices 1% White Milk <u>Snack</u> Fresh Apple 1% White Milk	<u>Breakfast</u> Cheerios Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Apple Juice

# Winter Break!

December 25th-January 5th

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. This institution is an equal opportunity provider.

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