



SEPTEMBER 2018

PreK Breakfast & Snack Menu



This institution is an equal opportunity provider



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

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Labor Day No School </div>	<u>Breakfast</u> Cheerios Fresh Orange Slices 1% White Milk <u>Snack</u> Bean & Cheese Burrito 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> French Toast Sticks w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Mozzarella String Cheese Saltine Crackers	<u>Breakfast</u> Egg & Cheese Burrito Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Orange Juice
	Monday 10	Tuesday 11	Wednesday 12	Thursday 13
<u>Breakfast</u> Sausage & Cheese Bagel Fresh Apple 1% White Milk <u>Snack</u> Blueberry Muffin 1% White Milk	<u>Breakfast</u> Waffles w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Chicken Nuggets 1% White Milk	<u>Breakfast</u> Cheerios Fresh Banana 1% White Milk <u>Snack</u> Fresh Broccoli w/ Ranch 1% White Milk	<u>Breakfast</u> Ham Scramble w/ Toast Fresh Orange Slices 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Sausage Pizza Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Hartzels 100% Apple Juice
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<u>Breakfast</u> Pancake on a Stick w/ Syrup Fresh Apple 1% White Milk <u>Snack</u> Cottage Cheese Saltine Crackers	<u>Breakfast</u> Cheesy Egg Scramble w/ Toast Fresh Orange Slices 1% White Milk <u>Snack</u> Pizza 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> Pancakes w/ Syrup Fresh Orange Slices 1% White Milk <u>Snack</u> Green Bell Pepper w/ Ranch 1% White Milk	<u>Breakfast</u> Sausage Biscuit Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Orange Juice
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<u>Breakfast</u> Sausage Breakfast Pizza Fresh Apple 1% White Milk <u>Snack</u> Mozzarella String Cheese Saltine Crackers	<u>Breakfast</u> Egg & Cheese Burrito Fresh Orange Slices 1% White Milk <u>Snack</u> Cheese Quesadilla 1% White Milk	<u>Breakfast</u> Cheerios Fresh Banana 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Ham Scramble w/ Toast Fresh Orange Slices 1% White Milk <u>Snack</u> Cucumber Slices w/ Ranch 1% White Milk	<u>Breakfast</u> Waffles w/ Syrup Fresh Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Hartzels 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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