



DECEMBER 2018

PreK Breakfast & Snack Menu



This institution is an equal opportunity provider



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



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p><u>Breakfast</u> Pancake on a Stick Fresh Apple 1% White Milk</p> <p><u>Snack</u> Blueberry Muffin 1% White Milk</p>	<p><u>Breakfast</u> Cheesy Egg Scramble w/ Toast Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u> Sausage Pizza 1% White Milk</p>	<p><u>Breakfast</u> Cheerios Fresh Apple 1% White Milk</p> <p><u>Snack</u> Applesauce Cup 1% White Milk</p>	<p><u>Breakfast</u> Waffles w/ Syrup Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u> Bell Pepper w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u> Sausage Biscuit Sandwich Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u> Cheddar Goldfish 100% Apple Juice</p>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<p><u>Breakfast</u> Cheerios Fresh Apple 1% White Milk</p> <p><u>Snack</u> Vanilla Yogurt 1% White Milk</p>	<p><u>Breakfast</u> Cinnamon Oatmeal Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u> Chicken Nuggets 1% White Milk</p>	<p><u>Breakfast</u> Warm Banana Muffin Fresh Banana 1% White Milk</p> <p><u>Snack</u> Fresh Orange Slices 1% White Milk</p>	<p><u>Breakfast</u> Pancakes Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u> Broccoli w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u> Cheesy Egg Scramble w/ Toast Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u> Pretzel Heartzels 100% Orange Juice</p>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p><u>Breakfast</u> Sausage Breakfast Pizza Fresh Apple 1% White Milk</p> <p><u>Snack</u> Cottage Cheese Saltine Crackers</p>	<p><u>Breakfast</u> Sausage Egg Scramble w/ Toast Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u> Cheese Quesadilla 1% White Milk</p>	<p><u>Breakfast</u> Warm Blueberry Muffin Fresh Banana 1% White Milk</p> <p><u>Snack</u> Cucumber Slices w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u> French Toast Sticks Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u> Mozzarella String Cheese 1% White Milk</p>	<p><u>Breakfast</u> Cheerios Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u> Use leftover snacks</p>

Winter Break!

December 24th-January 4th

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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