



FEBRUARY 2018

PreK Breakfast & Snack Menu




This institution is an equal opportunity provider

make sure you check out our inactive online menus!

www.flowingwellsschools.nutrislice.com



			Thursday 1	Friday 2
			<p><u>Breakfast</u></p> <p>Whole Grain Pancakes Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Crisp Bell Peppers w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Whole Grain Cheerios Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u></p> <p>Cheddar Goldfish 100% Orange Juice</p>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
<p><u>Breakfast</u></p> <p>Sausage & Cheese Bagel Sandwich Fresh Apple 1% White Milk</p> <p><u>Snack</u></p> <p>Vanilla Yogurt 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Pancake on a Stick Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Sausage Pizza 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Whole Grain Cheerios Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Cucumber Sliced w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Egg & Cheese Breakfast Burrito Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Saltine Crackers Cottage Cheese</p>	<p><u>Breakfast</u></p> <p>Breakfast Waffle Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u></p> <p>Pretzel Heartzels 100% Orange Juice</p>
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<p><u>Breakfast</u></p> <p>Breakfast Pizza Fresh Apple 1% White Milk</p> <p><u>Snack</u></p> <p>Mozzarella String Cheese Saltine Crackers</p>	<p><u>Breakfast</u></p> <p>Whole Grain Cheerios Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Cheese Quesadilla 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Egg & Cheese Scramble w/ Toast Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Fresh Orange Slices 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Whole Grain Pancakes Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Broccoli w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Egg, Sausage, & Cheese Burrito Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u></p> <p>Cheddar Goldfish 100% Apple Juice</p>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<p><u>Breakfast</u></p> <p>Maple Glazed French Toast Sticks Fresh Apple 1% White Milk</p> <p><u>Snack</u></p> <p>Cottage Cheese Saltine Crackers</p>	<p><u>Breakfast</u></p> <p>Ham & Cheese Egg Scramble w/ Toast Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Crispy Chicken Nuggets 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Whole Grain Cheerios Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Vanilla Yogurt 1% White Milk</p>		<p>Rodeo Break</p>
Monday 26	Tuesday 27	Wednesday 28		
<p><u>Breakfast</u></p> <p>Sausage & Cheese Bagel Sandwich Fresh Apple 1% White Milk</p> <p><u>Snack</u></p> <p>Crisp Bell Pepper w/ Ranch 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Breakfast Pizza Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Cheese Quesadilla 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Warm Banana Muffin Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Fresh Apple 1% White Milk</p>		

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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