



NOVEMBER 2017

PreK Breakfast & Snack Menu



This institution is an equal opportunity provider



Check out our new online menus!
www.flowingwellschools.nutrislice.com



		Wednesday 1	Thursday 2	Friday 3
		<u>Breakfast</u> Ham & Cheese Scramble Banana 1% White Milk <u>Snack</u> Saltine Crackers Cottage Cheese	<u>Breakfast</u> Pigs in a Blanket Oranges 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Breakfast Pizza Apple 1% White Milk <u>Snack- no Am Snacks</u> Pretzel Heartzels 100% Orange Juice
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<u>Breakfast</u> Pancakes Apple 1% White Milk <u>Snack</u> Broccoli w/ Ranch 1% White Milk	<u>Breakfast</u> Sausage & Cheese Bagel Orange Slices 1% White Milk <u>Snack</u> Chicken Nuggets 1% White Milk	<u>Breakfast</u> Cheerios Banana 1% White Milk <u>Snack</u> Bell Pepper w/ Ranch 1% White Milk	<u>Breakfast</u> Egg & Cheese Burrito Orange Slices 1% White Milk <u>Snack</u> Saltine Crackers String Cheese	Veterans Day No School
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<u>Breakfast</u> Egg & Cheese Scramble Apple 1% White Milk <u>Snack</u> Saltine Crackers Cottage Cheese	<u>Breakfast</u> Cheerios Orange Slices 1% White Milk <u>Snack</u> Mini Corn Dogs 1% White Milk	<u>Breakfast</u> Banana Muffin Banana 1% White Milk <u>Snack</u> Bell Pepper w/ Ranch 1% White Milk	<u>Breakfast</u> French Toast Sticks Orange Slices 1% White Milk <u>Snack</u> Vanilla Yogurt 1% White Milk	<u>Breakfast</u> Pancake on a Stick Apple 1% White Milk <u>Snack- no Am</u> Cheddar Goldfish 100% Apple Juice
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<u>Breakfast</u> Breakfast Pizza Apple 1% White Milk <u>Snack</u> Saltine Crackers String Cheese	<u>Breakfast</u> Pancakes Orange Slices 1% White Milk <u>Snack</u> Pizza 1% White Milk	<u>Breakfast</u> Cheerios Banana 1% White Milk <u>Snack</u> Cucumber w/ Ranch 1% White Milk		
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
<u>Breakfast</u> French Toast Sticks Apple 1% White Milk <u>Snack</u> Saltine Crackers Cottage Cheese	<u>Breakfast</u> Egg & Cheese Scramble Orange Slices 1% White Milk <u>Snack</u> Chicken Nuggets 1% White Milk	<u>Breakfast</u> Blueberry Muffin Banana 1% White Milk <u>Snack</u> Broccoli w/ Ranch 1% White Milk	<u>Breakfast</u> Egg & Cheese Burrito Orange Slices 1% White Milk <u>Snack</u> Apple 1% White Milk	

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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