



JANUARY 2018

PreK Breakfast & Snack Menu



This institution is an equal opportunity provider

make sure you check out our inactive online menus!
www.flowingwellschools.nutrislice.com



Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p><u>Breakfast</u></p> <p>Whole Grain Pancakes Fresh Apple 1% White Milk</p> <p><u>Snack</u></p> <p>Vanilla Yogurt 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Ham Scramble w/ Toast 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>Cheerios Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Bell Pepper w/ Ranch Dressing 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Breakfast Waffle Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Cottage Cheese Saltine Crackers</p>	<p><u>Breakfast</u></p> <p>Cheerios Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u></p> <p>Mozzarella String Cheese 100% Apple Juice</p>
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<p>NO SCHOOL</p>	<p><u>Breakfast</u></p> <p>Breakfast Pizza Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Chicken Nuggets 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Cheerios Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Mozzarella String Cheese Saltine Crackers</p>	<p><u>Breakfast</u></p> <p>Egg & Cheese Breakfast Burrito Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Sliced Cucumber w/ Ranch Dressing 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Whole Grain Pancakes Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u></p> <p>Cheddar Goldfish 100% Orange Juice</p>
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<p><u>Breakfast</u></p> <p>Sausage & Cheese Bagel Sandwich Fresh Apple 1% White Milk</p> <p><u>Snack</u></p> <p>Cottage Cheese Saltine Crackers</p>	<p><u>Breakfast</u></p> <p>Warm Banana Muffin Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Bean & Cheese Burrito 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Cheerios Fresh Banana 1% White Milk</p> <p><u>Snack</u></p> <p>Fresh Broccoli w/ Ranch Dressing 1% White Milk</p>	<p><u>Breakfast</u></p> <p>French Toast Sticks Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Vanilla Yogurt 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Pancakes on a Stick Fresh Apple 1% White Milk</p> <p><u>Snack- no Am Snacks</u></p> <p>Cheddar Goldfish 100% Apple Juice</p>
Monday 29	Tuesday 30	Wednesday 31		
<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>Ham Scramble w/ Toast Fresh Orange Slices 1% White Milk</p> <p><u>Snack</u></p> <p>Chicken Nuggets 1% White Milk</p>	<p><u>Breakfast</u></p> <p>Warm Chocolate Chip 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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Revised 01/08/2018