



Preschool Breakfast & Snack January, 2022 – September, 2022

| DAY | MENU | SERVING SIZE |
|-------------|---|---------------------|
| MON | Rice Chex (Whole Grain) | ½ cup |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Graham cracker – ½ oz (4 sections) | 1 each |
| | Diced Peaches | ½ cup |
| TUES | Blueberry bagel – 3 oz / butter | 1 each |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Saltines – ¾ oz | 3 each |
| | Strawberry/banana yogurt - 4oz | 1 each |
| WED | Kix cereal (Whole Grain) | ¾ cup |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Flatbread | 1 oz |
| | Sliced cheese (1/2 oz slice) | 1 each |
| THUR | Bran muffin – 2 oz | 1 each |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Diced pears | ½ cup |
| | Cereal mix | ½ cup |
| FRI | Oatmeal (Whole Grain) | ½ cup |
| | Peaches & blueberries | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Triscuits | 3 each |
| | Cucumber slices | 1/2 cup |



Pre-school Breakfast & Snack January, 2022 – September, 2022

| DAY | MENU | SERVING SIZE |
|-------------|--|--|
| MON | 40% Bran Flakes (Whole Grain) | ½ cup |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Wheat thins | ¼ cup |
| | String cheese ½ oz | 1 each |
| TUES | Whole wheat bagel (Whole Grain) | 1 each |
| | 3 oz/cream cheese | |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | Yogurt | 3/8 cup |
| | Whole grain cereal mix | 1/3 cup |
| WED | Cheerios (Whole Grain) | ½ cup |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | | Soft pretzel – 1 oz |
| | Apple sauce | ½ cup |
| THUR | Rice krispies (Whole Grain) | ¾ cup |
| | Fresh fruit | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | | Whole wheat pita 1.9 oz (Whole Grain) |
| | Mozzarella cheese | ½ oz |
| | Tomato sauce | 1 Tbsp |
| FRI | Oatmeal (Whole Grain) | ½ cup |
| | Apple | ½ cup |
| | Milk | ¾ cup |
| | ----- | |
| | | Soft breadsticks 1 ½ oz (Whole Grain) |
| | Cheese cubes – 1/4 oz each cube | 2 each |