

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p><b>*Breakfast Strudel</b> 2 WGR  <b>Cheese Stick or Cubes</b> 1 GA</p> <p><b>OR</b></p> <p><b>Breakfast Pizza</b>                      1.5 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Breakfast Sandwich</b>                      1.25 WGR / .75 GA</p> <p><b>OR</b></p> <p><b>Pancake Wrap</b> 1 WGR / 1 GA  <b>Cheese Stick or Cubes</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>French Toast</b>                      1 WGR / 1 GA or 2 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>*Stuffed Bagel</b> 2 WGR</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Chicken-n-Biscuit</b>                      2 WGR / .75 GA</p> <p><b>OR</b></p> <p><b>Waffles</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Breakfast Bread</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>Breakfast Pocket</b>                      1 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>
Week 2	<p><b>*Cereal Bar</b> 1 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>Sausage Biscuit</b>                      1.25 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Mini Pancakes</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>PBJ</b>                      1 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Sausage Kolache</b>                      1 WGR / 1 GA  <b>Cheese Stick or Cubes</b> 1 GA</p> <p><b>OR</b></p> <p><b>*Breakfast Cookie</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Breakfast Burrito</b>                      1 WGR / 1 GA</p> <p><b>OR</b></p> <p><b>Breakfast Crackers</b> 1 WGR  <b>Cheese Stick or Cubes</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>French Toast</b>                      1 WGR / 1 GA or 2 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>*Breakfast Round</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>

*\* indicates menu items not allowed for PreK students.*

Other notes: PK can only be served juice once per day over all meals and snacks.

Only unflavored 1% or unflavored fat-free milk can be served to PK.

Offer vs. Serve is not allowed for PK.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p><b>*Cinnamon Pull-a-Parts</b> 2 WGR  <b>Cheese Stick or Cubes</b> 1 GA</p> <p><b>OR</b></p> <p><b>Breakfast Sandwich</b>                      1.25 WGR / .75 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Muffin</b> 1 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>Breakfast Pocket</b>                      1 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Pancake Wrap</b> 1 WGR / 1 GA  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>Mini Pancakes</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Breakfast Pizza</b>                      1.5 WGR / 1 GA</p> <p><b>OR</b></p> <p><b>*Cereal Bar</b> 1 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>PBJ</b>                      1 WGR / 1 GA</p> <p><b>OR</b></p> <p><b>Waffles</b> 2 WGR  <b>Cheese Stick or Cubes</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>
Week 4	<p><b>Breakfast Bread</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>*Stuffed Bagel</b> 2 WGR</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Breakfast Burrito</b>                      1 WGR / 1 GA</p> <p><b>OR</b></p> <p><b>Breakfast Crackers</b> 1 WGR  <b>Cheese Stick or Cubes</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Grilled Cheese Sandwich</b>                      1.5 WGR / 2 GA</p> <p><b>OR</b></p> <p><b>Sausage Kolache</b>                      1 WGR / 1 GA  <b>Cheese Stick or Cubes</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Sausage Biscuit</b>                      1.25 WGR / 1 GA</p> <p><b>OR</b></p> <p><b>*Breakfast Round</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>	<p><b>Muffin</b> 1 WGR  <b>Yogurt</b> 1 GA</p> <p><b>OR</b></p> <p><b>*Breakfast Cookie</b> 2 WGR  <b>Yogurt</b> 1 GA</p> <p>1/2 c 100% Fruit Juice                      1/2 c Fruit                      Milk Variety</p>

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Revised 3/1/2024

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