



Preschool Breakfast & Snack January, 2021 – September, 2021

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	Cinnamon 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, 2021 – September, 2021

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	1/4 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	1 each
	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)½ each	
		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)	1/2 each
	Cheese cubes – 1/4 oz each cube	2 each	