



**Preschool Breakfast & Snack October, 2016 – September, 2017**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>
<b>MON</b>	<b>Rice Chex</b>	<b>½ cup</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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<b>each</b>	<b>Graham cracker – ½ oz (4 sections)</b>	<b>1</b>
	<b>Diced Peaches</b>	<b>½ cup</b>
<b>TUES</b>	<b>Cinnamon bagel – 3 oz / butter</b>	<b>1</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Saltines – ¾ oz</b>	<b>3 each</b>
<b>Strawberry/banana yogurt - 4oz</b>	<b>1 each</b>	
<b>WED</b>	<b>Oatmeal (Oatmeal-Apple Crisp)</b>	<b>½ cup</b>
	<b>Apples</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Whole wheat pita – 1.9 oz</b>	<b>1 each</b>
<b>Hummus</b>	<b>¼ cup</b>	
<b>THUR</b>	<b>Bran muffin – 2 oz</b>	<b>1</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Diced pears</b>	<b>½</b>
<b>cup</b>	<b>Cereal mix</b>	<b>½ cup</b>
<b>FRI</b>	<b>Kix cereal</b>	<b>½ cup</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Flatbread</b>	<b>1 oz</b>
<b>Sliced cheese (1/2 oz slice)</b>	<b>1 each</b>	



**Pre-school Breakfast & Snack October, 2016 – September, 2017**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>
<b>MON</b>	<b>Shredded wheat</b>	<b>½ cup</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Wheat thins</b>	<b>¼</b>
	<b>String cheese ½ oz</b>	<b>1</b>
	<b>cup</b>	
	<b>each</b>	
<b>TUES</b>	<b>Whole wheat bagel - 3 oz/cream cheese</b>	<b>1 each</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Yogurt</b>	<b>1/4 cup</b>
	<b>Granola</b>	<b>1/3 cup</b>
<b>WED</b>	<b>Oatmeal (Oatmeal-Peach Crisp)</b>	<b>½ cup</b>
	<b>Peaches</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Soft breadsticks 1 ½ oz</b>	<b>1/2 each</b>
	<b>Cheese cubes – 1/4 oz each cube</b>	<b>2 each</b>
<b>THUR</b>	<b>Rice krispies</b>	<b>½ cup</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Whole wheat pita 1.9 oz</b>	<b>½</b>
	<b>Mozzarella cheese</b>	<b>½ oz</b>
	<b>Tomato sauce</b>	<b>1 Tbsp</b>
	<b>each</b>	
<b>FRI</b>	<b>Cheerios</b>	<b>½ cup</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>

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<b>each</b>	<b>Soft pretzel – 1 oz</b>	<b>1</b>
<b>cup</b>	<b>Apple sauce</b>	<b>½</b>