

♥ Welcome to Preschool!



HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

August 2017

Monday - 14	Tuesday - 15	Wednesday - 16	Thursday - 17	Friday - 18
NO STUDENTS Group Planning Session	NO STUDENTS Classroom Preparation	Breakfast Sausage Pizza or Cereal 100% Fruit Juice Choice of Milk	Sausage Biscuit Fruit Choice of Milk	Chicken Rings or Cereal 100% Fruit Juice Choice of Milk
Monday - 21	Tuesday - 22	Wednesday - 23	Thursday - 24	Friday - 25
Biscuit 100% Fruit Juice Choice of Milk	Ham and Cheese on a Croissant Fruit Choice of Milk	Popcorn Chicken or Cereal 100% Fruit Juice Choice of Milk	Cereal Fruit Choice of Milk	Biscuit Gravy 100% Fruit Juice Choice of Milk
Monday - 28	Tuesday - 29	Wednesday - 30	Thursday - 31	Friday - Sept. 1
Sausage Breakfast Bites or Cereal 100% Fruit Juice Choice of Milk	Sausage Biscuit Fruit Choice of Milk	Popcorn Chicken or Cereal 100% Fruit Juice Choice of Milk	Egg and Cheese Biscuit Fruit Choice of Milk	Cereal 100% Fruit Juice Choice of Milk

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

PK Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 5 oz. eq. per week)
- 1 oz. Meat/Meat alternate may be used to meet the entire grains requirement a maximum of three times per week. 1 oz. meat/meat alternate is equal to 1 oz. eq. grain.
- 1/2 cup Fruit daily (2 1/2 cups weekly)
- 6 fl. oz. cup Milk daily (3 3/4 cups minimum per week)

Milk Choices:

- 1/2 pint lowfat (1%) white milk
- 1/2 pint fat free (0%) white milk

This institution is an equal opportunity provider.

