

# ♥ Welcome to Preschool!



## HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

August 2018

Monday - 13	Tuesday - 14	Wednesday - 15	Thursday - 16	Friday - 17
NO STUDENTS Home Visits	NO STUDENTS Home Visits	NO STUDENTS Group Planning Session Room Preparation	Egg and Cheese Biscuit Fruit Choice of Milk	Cereal 100% Fruit Juice Choice of Milk
Monday - 20	Tuesday - 21	Wednesday - 22	Thursday - 23	Friday - 24
Cinnamon Glazed French Toast Sticks 100% Fruit Juice Choice of Milk	Ham and Cheese on a Croissant Fruit Choice of Milk	Scrambled Egg Biscuit 100% Fruit Juice Choice of Milk	TRIX Yogurt or Cereal Fruit Choice of Milk	Biscuit Gravy 100% Fruit Juice Choice of Milk
Monday - 27	Tuesday - 28	Wednesday - 29	Thursday - 30	Friday - 31
Chicken Biscuit 100% Fruit Juice Choice of Milk	Eggo Mini Waffles Fruit Choice of Milk	Breakfast Sausage Pizza or Cereal 100% Fruit Juice Choice of Milk	Blueberry Muffin or Cereal Fruit Choice of Milk	Chicken Rings or Cereal 100% Fruit Juice Choice of Milk

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each week on Tuesday and Thursday.

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.

