



WELCOME FALL

Wishguy.com

HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

September 2018

Monday - 3	Tuesday - 4	Wednesday - 5	Thursday - 6	Friday - 7
LABOR DAY No School	Sausage and Pancake on a Stick or Cereal Fruit Choice of Milk	Sausage Biscuit 100% Fruit Juice Choice of Milk	Popcorn Chicken or Cereal Fruit Choice of Milk	Egg and Cheese Biscuit 100% Fruit Juice Choice of Milk
Monday - 10	Tuesday - 11	Wednesday - 12	Thursday - 13	Friday - 14
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 - 17	Tuesday - 18	Wednesday - 19	Thursday - 20	Friday - 21
STAFF DEVELOPMENT NO STUDENTS	Chicken Biscuit Fruit Choice of Milk	Eggo Blueberry Mini Pancakes 100% Fruit Juice Choice of Milk	Breakfast Sausage Pizza or Cereal Fruit Choice of Milk	Cereal 100% Fruit Juice Choice of Milk
Monday - 24	Tuesday - 25	Wednesday - 26	Thursday - 27	Friday - 28
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 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 at maximum

1/2 cup Fruit daily (2 1/2 cups weekly)

6 fl. oz. 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.

