



HAPPY THANKSGIVING



HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

November 2018

| | | | | |
|---|---|--|--|--|
|   | | | Thursday – 1 | Friday – 2 |
| | | | TRIX Yogurt or Cereal Fruit Milk | Biscuit Gravy 100% Fruit Juice Milk |
| Monday – 5 | Tuesday - 6 | Wednesday - 7 | Thursday - 8 | Friday - 9 |
| Chicken Patty Biscuit 100% Fruit Juice Milk | Eggo Blueberry Mini Pancakes Fruit Milk | Breakfast Sausage Pizza or Cereal 100% Fruit Juice Milk | Cereal Fruit Milk | Chicken Rings or Cereal 100% Fruit Juice Milk |
| Monday - 12 | Tuesday - 13 | Wednesday - 14 | Thursday - 15 | Friday - 16 |
| Sausage Breakfast Bites or Cereal 100% Fruit Juice Milk | Sausage Biscuit Fruit Milk | Popcorn Chicken or Cereal 100% Fruit Juice Milk | Egg and Cheese Biscuit Fruit Milk | Cereal 100% Fruit Juice Milk |
| Thanksgiving Break – November 19-23 No School | | | | |
| Monday - 26 | Tuesday - 27 | Wednesday – 28 | Thursday – 29 | Friday – 30 |
| Cinnamon Glazed French Toast Sticks 100% Fruit Juice Milk | Ham and Cheese on a Croissant Fruit Milk | Scrambled Egg Biscuit 100% Fruit Juice Milk | TRIX Yogurt or Cereal Fruit Milk | Biscuit Gravy 100% Fruit Juice 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.

