



# ♥ HAPPY ♥ Valentine's

## HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

February 2019

1/2 pint milk offered each day

Monday – 4	Tuesday – 5	Wednesday – 6	Thursday – 7	Friday – 8
Sausage and Pancake on a Stick or Cereal 100% Fruit Juice	Sausage Biscuit Fruit	Popcorn Chicken or Cereal 100% Fruit Juice	Egg and Cheese Biscuit Fruit	Eggo Confetti Mini Pancakes 100% Fruit Juice
Monday – 11	Tuesday - 12	Wednesday - 13	Thursday - 14	Friday - 15
Staff Development No School for Students	Cinnamon Glazed French Toast Sticks Fruit	Ham and Cheese on a Croissant 100% Fruit Juice	Scrambled Egg Biscuit Fruit	Biscuit Gravy 100% Fruit Juice
Monday – 18	Tuesday - 19	Wednesday - 20	Thursday - 21	Friday - 22
Presidents' Day No School	Chicken Biscuit Fruit	Eggo Mini Waffles 100% Fruit Juice	Breakfast Sausage Pizza or Cereal Fruit	Chicken Rings or Cereal 100% Fruit Juice
Monday - 25	Tuesday - 26	Wednesday - 27	Thursday - 28	Friday – March 1
Sausage Breakfast Bites or Cereal 100% Fruit Juice	Sausage Biscuit Fruit	Popcorn Chicken or Cereal 100% Fruit Juice	Egg and Cheese Biscuit Fruit	Cereal 100% Fruit Juice

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.

