



# WELCOME FALL

Wishguy.com

## HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

September 2019

Monday - 2	Tuesday - 3	Wednesday - 4	Thursday - 5	Friday - 6
LABOR DAY No School	Sausage Biscuit Fruit Choice of Milk	Popcorn Chicken or Cereal 100% Fruit Juice Choice of Milk	Egg and Cheese Biscuit Fruit Choice of Milk	Eggo Confetti Mini Pancakes 100% Fruit Juice Choice of Milk
Monday - 9	Tuesday - 10	Wednesday - 11	Thursday - 12	Friday - 13
STAFF DEVELOPMENT  NO STUDENTS	Biscuit Gravy Fruit Choice of Milk	Ham and Cheese on a Croissant 100% Fruit Juice Choice of Milk	Cinnamon Glazed French Toast Sticks Fruit Choice of Milk	TRIX Yogurt or Cereal 100% Fruit Juice Choice of Milk
Monday - 16	Tuesday - 17	Wednesday - 18	Thursday - 19	Friday - 20
Chicken Biscuit 100% Fruit Juice Choice of Milk	Eggo Blueberry Mini Pancakes Fruit Choice of Milk	Cereal  100% Fruit Juice Choice of Milk	Breakfast Sausage Pizza or Cereal Fruit Choice of Milk	Chicken Rings or Cereal 100% Fruit Juice Choice of Milk
Monday - 23	Tuesday - 24	Wednesday - 25	Thursday - 26	Friday - 27
Cinnamon Glazed French Toast Sticks 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.

