

# MARCH

## HARDIN COUNTY SCHOOLS - PRESCHOOL BREAKFAST MENU

March 2020

1/2 pint of Milk Offered Daily				
Monday – 2	Tuesday – 3	Wednesday - 4	Thursday - 5	Friday - 6
Biscuit with Gravy or Cereal 100% Fruit Juice	Ham and Cheese on a Croissant Fruit	Cinnamon Glazed French Toast Sticks 100% Fruit Juice	TRIX Yogurt or Cereal Fruit	Scrambled Egg or Cereal 100% Fruit Juice
Monday - 9	Tuesday - 10	Wednesday - 11	Thursday - 12	Friday - 13
Chicken and Biscuit or Cereal 100% Fruit Juice	Eggo Mini Waffles  Fruit	Egg and Cheese Biscuit or Cereal 100% Fruit Juice	Breakfast Sausage Pizza or Cereal Fruit	Blueberry Muffin or Cereal 100% Fruit Juice
Monday - 16	Tuesday - 17	Wednesday - 18	Thursday - 19	Friday - 20
Cinnamon Glazed French Toast Sticks 100% Fruit Juice	Sausage Biscuit Fruit	Chicken Rings or Cereal 100% Fruit Juice	Eggo Confetti Mini Pancakes Fruit	In-Service No School for Students
Spring Break – March 23 – 27, 2020				
Monday - 30	Tuesday - 31	Wednesday – Apr. 1	Thursday – Apr. 2	Friday – Apr. 3
Biscuit with Gravy or Cereal 100% Fruit Juice	Ham and Cheese on a Croissant Fruit	Sausage Breakfast Bites or Cereal 100% Fruit Juice	TRIX Yogurt or Cereal Fruit	Scrambled Egg or 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.

