

Pre-K Breakfast Menu

October 2017

2
 Cheerios
 100% Apple Juice
 Low-Fat or Skim Milk

3
 Goldfish Crackers
 Diced Pears
 Low-Fat or Skim Milk

4
 Chocolate Chip Muffin
 Cinnamon Applesauce
 Low-Fat or Skim Milk

5
 Cinnamon Toast Crunch
 Diced Peaches
 Low-Fat or Skim Milk

6 No School


9 No School


10
 Blueberry Muffin
 100% Orange Juice
 Low-Fat or Skim Milk

11
 Rice Krispies
 Mixed Berry Applesauce
 Low-Fat or Skim Milk

12
 Vanilla Yogurt
 Banana
 Low-Fat or Skim Milk

13
 Cheez-Its Crackers
 Diced Peaches
 Low-Fat or Skim Milk

16
 Goldfish Crackers
 100% Fruit Juice
 Low-Fat or Skim Milk

17
 Cheerios
 Diced pears
 Low-Fat or Skim Milk

18
 Hard Boiled Egg
 Apple Slices
 Low-Fat or Skim Milk

19
 Apple Cinnamon Muffin
 Banana
 Low-Fat or Skim Milk

20
 Cottage Cheese
 Diced Peaches
 Low-Fat or Skim Milk

23
 Cinnamon Toast Crunch
 100% Fruit Juice
 Low-Fat or Skim Milk

24
 Blueberry Muffin
 Diced Pears
 Low-Fat or Skim Milk

25
 Ultimate Breakfast Round
 Mango Peach Applesauce
 Low-Fat or Skim Milk

26
 Cheerios
 Diced Peaches
 Low-Fat or Skim Milk

27 No School


30
 Rice Krispies
 100% Apple Juice
 Low-Fat or Skim Milk

31
 Ultimate Breakfast Round
 Diced Pears
 Low-Fat or Skim Milk

1
 Cheez-Its Crackers
 Sliced Apples
 Low-Fat or Skim Milk

2
 Hard Boiled Egg
 Banana
 Low-Fat or Skim Milk

3
 Apple Cinnamon Muffin
 Diced Peaches
 Low-Fat or Skim Milk

Prices:

Lunch Meal\$1.50
 Reduced Lunch.....\$.30

Your student may be eligible for free or reduced price meals. Check the D300 website or contact your school office for additional details.

What Make a Meal?

Breakfast meals consist of an entrée (1 oz equivalent grain), ½ cup of fruit and low-fat or skim milk.

Visit www.mypaymentsplus.com to manage your student's meal account. Student accounts are free and easy to register for.