

Pre-K Breakfast Menu

August 2017

Did You Know???

The USDA recently revised the CACFP meal patterns and requirements to ensure children have access to healthy, balanced meals throughout the day. Under the updated child meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. Some of the changes include:

- Juice is limited to once per day
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Breakfast cereals must contain no more than 6 grams of sugar per ounce
- Unflavored low-fat or fat free milk must be served to children 3-5 years old.



What Makes a Meal?

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

Students must take all items to make a meal.

If your student has any dietary needs or restrictions please contact your school's kitchen supervisor or call 847.551.8485

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No School



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No School



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- Chocolate Chip Breakfast Round
- Mango- Peach Applesauce
- 1% Low Fat or Skim Milk

17

- Goldfish Crackers
- Banana
- 1% Low Fat or Skim Milk

18

- Cheerios
- Diced Peaches
- 1% Low Fat or Skim Milk

21

- Rice Krispies
- 100% Apple Juice
- 1% Low Fat or Skim Milk

22

- Oatmeal Raisin Benefit Bar
- Diced Pears
- 1% Low Fat or Skim Milk

23

- Cheez-It Crackers
- Fresh Apple Slices
- 1% Low Fat or Skim Milk

24

- Hard-Boiled Egg
- Banana
- 1% Low Fat or Skim Milk

25

- Apple Cinnamon Muffin
- Diced Peaches
- 1% Low Fat or Skim Milk

28

- Cheerios
- 100% Apple Juice
- 1% Low Fat or Skim Milk

29

- Goldfish Crackers
- Diced Pear
- 1% Low Fat or Skim Milk

30

- Chocolate Muffin
- Cinnamon Applesauce
- 1% Low Fat or Skim Milk

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- Colby Jack String Cheese
- Banana
- 1% Low Fat or Skim Milk

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No School



Prices:

Breakfast Meal: \$1.50

Reduced Meal: \$0.30

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

Manage your student's meal account with:



Signing up is free and easy:

1. Visit www.mypaymentsplus.com
2. Click "Register" to sign up for a free account
3. Add your students using their Student ID Numbers