

# Mary Queen of the Holy Rosary PK-K

## PRE K AND KINDERGARTEN BREAKFAST MENU CYCLE AUG-DEC 2018



### BREAKFAST Menu

### August-December 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	13 WG Muffin Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	14 WG Pillsbury Mini Pancakes  Variety of Fresh or Frozen Fruit	15 Cheerios Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	16 UBR Breakfast Round  Variety of Fresh or Frozen Fruit	17 WG Toast Hard Boil Egg  Variety of Fresh or Frozen Fruit
<b>2</b>	20 WG Goldfish String cheese  Variety of Fresh or Frozen Fruit	21 WG Pillsbury Bagel  Variety of Fresh or Frozen Fruit	22 Rice Chex Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	23 WG Pillsbury Waffles  Variety of Fresh or Frozen Fruit	24 Wowbutter w/ Apple Slices Graham Crackers  Fruit Juice
<b>3</b>	27 WG Pillsbury French Toast  Variety of Fresh or Frozen Fruit	28 WG Toast Fruit Smoothie  Fruit Juice	29 Corn Flakes Cereal Trix Yogurt Cup  Variety of Fresh or Frozen Fruit	30 Cheese Cubes WG Crackers  Variety of Fresh or Frozen Fruit	31 Annie Grahams String cheese  Variety of Fresh or Frozen Fruit

#### DRINKS

100% Juice \$.50  
1% White Milk .  
\$.50

#### NUTRITION BITES

\*Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19<sup>1</sup>

\*Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal<sup>2</sup>

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24	25	26	27	28	29

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24/ 31	25	26	27	28	29

Week 1 Meal Plan     Week 2 Meal Plan     Week 3 Meal Plan

• Menu are subject to change without notice due to availability