

# PRE-K-BREAKFAST

# 2023

## 2 Week Cycle Menu

Week 1	Monday	Tuesday	Wednesday March 1, 2023	Thursday March 2, 2023	Friday March 3, 2023
Grain/Meat/Meat Alt.			-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage	-Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable:			Apple slices	100% Fruit Juice	Fresh Orange Wedges
Milk			Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 2	Monday March 6, 2023	Tuesday March 7, 2023	Wednesday March 8, 2023	Thursday March 9, 2023	Friday March 10, 2023
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	
Fruit/Vegetable:	Apple slices	Chilled Fruit Cup	100% Fruit Juice	Fresh Orange Wedges	
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	

<b>Week 3</b>	<b>Monday</b> <b>March 13, 2023</b>	<b>Tuesday</b> <b>March 14, 2023</b>	<b>Wednesday</b> <b>March 15, 2023</b>	<b>Thursday</b> <b>March 16, 2023</b>	<b>Friday</b> <b>March 17, 2023</b> <b>St. Patrick Day</b>
<b>Grain/Meat/Meat Alt.</b>	-Assorted Cereal Bowl w./Hard Boiled Egg	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage
<b>Fruit/Vegetable:</b>	Chilled Fruit Cup	100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
<b>Milk</b>	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
<b>Week 4</b>					
	<b>Monday</b> <b>March 20, 2023</b>	<b>Tuesday</b> <b>March 21, 2023</b>	<b>Wednesday</b> <b>March 22, 2023</b>	<b>Thursday</b> <b>March 23, 2023</b>	<b>Friday</b> <b>March 24, 2023</b>
<b>Grain/Meat/Meat Alt.</b>	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Super Bakery Pastry
<b>Fruit/Vegetable:</b>	Apple slices	Chilled Fruit Cup	100% Fruit Juice	Fresh Orange Wedges	100% Fruit Juice
<b>Milk</b>	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

<b>Week 5</b>	<b>Monday March 27, 2023</b>	<b>Tuesday March 28, 2023</b>	<b>Wednesday March 29, 2023</b>	<b>Thursday March 30, 2023</b>	<b>Friday March 31, 2023</b>
<b>Grain/Meat/Meat Alt.</b>	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage
<b>Fruit/Vegetable:</b>	Chilled Fruit Cup	100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
<b>Milk</b>	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)