



# Croton Pre-K Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/4/19</b> Zucchini Bread  or Assorted Whole Grain Breakfast Cereal  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/5/19</b> Pancake Bites  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/6/19</b> Waffles  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/7/19</b> Chocolate Chip Loaf  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/8/19</b> Strawberry Pancakes  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>3/11/19</b> Pumpkin Bread  or Assorted Whole Grain Breakfast Cereal  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/12/19</b> Yogurt tube  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/13/19</b> Funfetti Pancakes  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/14/19</b> Cinnamon Bagel  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/15/19</b> No School  
<b>3/18/19</b> Blueberry Bread  or Assorted Whole Grain Breakfast Cereal  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/19/19</b> Mini French Toast  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/20/19</b> Strawberry Bagel  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/21/19</b> Orange Loaf & Graham Crackers  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/22/19</b> Blueberry Pancakes  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>3/25/19</b> Banana Bread  or Assorted Whole Grain Breakfast Cereal  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/26/19</b> Pizza Bagels  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/27/19</b> Maple Pancakes  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/28/19</b> Triple Berry French Toast  or Assorted Whole Grain Breakfast Cereal  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/29/19</b> Cheese Stick  or Assorted Whole Grain Breakfast Cereal  Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: 1 Grain or protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk  
Choice of Milk - 1% white, fat-free white,

You must take at least 1/2 cup of fruit or vegetable

## Daily Fruit Selections May Include:

oranges, apples, bananas, applesauce, raisins, or 100% ce.

## Daily Whole Grain Selections

May Include: Cereal, Cereal Bar, or Pop Tart, and Graham

4/1/19	4/2/19	4/3/19	4/4/19	4/5/19
Zucchini Bread  or Assorted Whole Grain Breakfast Cereal	Pancake Bites  or Assorted Whole Grain Breakfast Cereal	Waffles  or Assorted Whole Grain Breakfast Cereal	Chocolate Chip Loaf  or Assorted Whole Grain Breakfast Cereal	Strawberry Pancakes  or Assorted Whole Grain Breakfast Cereal
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk





# Croton Pre K Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/4/19</b> Chicken Nuggets with Whole Grain Roll	<b>3/5/19</b> Italian Meatballs & Cheese On a wg Roll	<b>3/6/19</b> Grilled Cheese	<b>3/7/19</b> Orange Chicken Over Brown Rice	<b>3/8/19</b> Fish Sandwich
<b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sweet Potato Waffle Fries Chick Pea Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Tomato Soup Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine Salad Steamed Peas Choice of Fruit Choice of Milk
<b>3/11/19</b> Popcorn Chicken with Whole Grain Roll	<b>3/12/19</b> Cheeseburger On a wg Bun	<b>3/13/19</b> Walking Taco with Whole Grain Roll	<b>3/14/19</b> Pepperoni Pizza	<b>3/15/19</b> No School
<b>Featured Veggies:</b> French Fries Baby Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baked Beans Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Corn Grape tomatoes Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cucumber Slices Tossed Salad Choice of Fruit Choice of Milk	
<b>3/18/19</b> Chicken Patty On a wg Bun	<b>3/19/19</b> WG Pancakes With Ham	<b>3/20/19</b> Ham & Cheese Croissant	<b>3/21/19</b> Penne Pasta & Meat Sauce Garlic Knot	<b>3/22/19</b> Macaroni & Cheese With a Dinner Roll
<b>Featured Veggies:</b> Sweet Potato Fries Celery Stick Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Potato Triangles Cucumber Slices Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baked Beans Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine salad Grape Tomatoes Choice of Fruit Choice of Milk
<b>3/25/19</b> Chicken Tender Fritters with Whole Grain Roll	<b>3/26/19</b> Sloppy Joe's	<b>3/27/19</b> Italian Wrap	<b>3/28/19</b> Pepperoni Pinwheel with Marinara Dip	<b>3/29/19</b> Fish Shapes with Whole Grain Roll
<b>Featured Veggies:</b> Sweet Potato Tots Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Lettuce & Tomatoes Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Hash Brown Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cole Slaw Spinach Salad Choice of Fruit Choice of Milk

## What is a Meal?

Students Will be served 5 components  
A minimum of 1/4 cup serving of fruit  
and a minimum of a 1/2 cup of  
vegetable must accompany a  
reimbursable lunch

## Daily Fruit Selections

### May Include:

oranges, apples, bananas, grapes,  
pears, peaches, cantaloupe, mellow,  
strawberries, applesauce, pineapple

## Daily Entree Options:

Sunbutter & Jelly with Cheese Stick,

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4/1/19	4/2/19	4/3/19	4/4/19	4/5/19
Chicken Nuggets with Whole Grain Roll	Cheeseburger On a wg Bun	Grilled Chicken Wrap	Salsbury Steak	Mozzarella Stuffed Breadstick with Marinara Dip
<b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sweet Potato Fries Cole Slaw Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Black Bean Salad Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Mashed Potatoes Steamed Green Beans Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine Salad Steamed Broccoli Choice of Fruit Choice of Milk



Program of Incentive

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