



# Croton Pre-K Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/26/19</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>8/27/19</b> Pancake Mini's 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>8/28/19</b> Cinnamon Cream Cheese Bagel or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>8/29/19</b> Cheesestick 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>8/30/19</b> Strawberry Yogurt or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>9/2/19</b> No School 	<b>9/3/19</b> Pancake Mini's or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/4/19</b> Chocolate Filled Crescent Roll or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/5/19</b> Strawberry Cream Cheese Bagel 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>9/6/19</b> Berry French Toast or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>9/9/19</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>9/10/19</b> Pancake Mini's 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>9/11/19</b> Cinnamon Cream Cheese Bagel 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>9/12/19</b> Cheesestick 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>9/13/19</b> Strawberry Yogurt 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>9/16/19</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>9/17/19</b> Mini 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>9/18/19</b> Grape Filled Crescent Roll 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>9/19/19</b> Strawberry Cream Cheese Bagel 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>9/20/19</b> Pancaæes 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>9/23/19</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>9/24/19</b> Pancake Mini's 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>9/25/19</b> Cinnamon Cream Cheese Bagel 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>9/26/19</b> Cheesestick 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>9/27/19</b> Strawberry Yogurt 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

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, craisins, raisins, or 100% juice.  
**Daily Whole Grain Selections**  
**May Include:** Cereal, Cereal Bar, or Pop Tart, and Graham Crackers

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# Croton Pre-K Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/26/19</b> Chicken Tender Fritters with Whole Grain Roll	<b>8/27/19</b> Corn Dog Nuggets	<b>8/28/19</b> Chicken Soft Taco	<b>8/29/19</b> Sloppy Joe's	<b>8/30/19</b> Cheese Pizza
<b>Featured Veggies:</b> Baby Carrots & Ranch Sliced Cucumber Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Peas Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Refried Beans Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk
<b>9/2/19</b> No School	<b>9/3/19</b> Italian Meatballs & Cheese On a wg Roll	<b>9/4/19</b> Fiestada Pizza	<b>9/5/19</b> Hurricane Hoagie	<b>9/6/19</b> Pepperoni Pizza  or Fish Sandwich
	<b>Featured Veggies:</b> Sweet Potato Waffle Fries Chick Pea Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cucumber Slices 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>9/9/19</b> Popcorn Chicken with Whole Grain Roll	<b>9/10/19</b> Cheeseburger On a wg Bun	<b>9/11/19</b> Italian Cold Cut Hoagie	<b>9/12/19</b> Baked Ziti Garlic Knot	<b>9/13/19</b> Personal Pizza
<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> Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Spinach Salad Sliced Cucumbers Choice of Fruit Choice of Milk
<b>9/16/19</b> Chicken Patty On a wg Bun	<b>9/17/19</b> WG Pancakes With Ham	<b>9/18/19</b> Ham & Cheese Croissant	<b>9/19/19</b> Toasted Cheese Sandwich	<b>9/20/19</b> Stuffed Crust Pizza
<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> Fresh Broccoli Tomato Soup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine salad Grape Tomatoes Choice of Fruit Choice of Milk
<b>9/23/19</b> Chicken Tender Fritters with Whole Grain Roll	<b>9/24/19</b> Macaroni & Cheese With a Dinner Roll	<b>9/25/19</b> Hot Dog	<b>9/26/19</b> French Toast Sticks With Sausage Patties	<b>9/27/19</b> Fish Shapes with Whole Grain Roll
<b>Featured Veggies:</b> Fries Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Florets Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baked Beans 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, melon,  
strawberries, applesauce, pineapple  
and mandarin oranges **Daily Milk**  
**Choices Include:** Skim, 1%  
Chocolate & 1 % White

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