



Croton Pre-K Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
12/3/18 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	12/4/18 Pancake Mini's or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	12/5/18 Grape Filled Crescent Roll or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	12/6/18 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	12/7/18 Berry French Toast or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
12/10/18 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	12/11/18 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	12/12/18 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	12/13/18 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	12/14/18 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
12/17/18 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	12/18/18 Confetti Pancakes or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	12/19/18 Strawberry Cream Cheese Bagel or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	12/20/18 Triple Berry French Toast or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	12/21/18 Cheesestick or Assorted Whole Grain Breakfast Cereal Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
12/24/18 No School	12/25/18 No School	12/26/18 No School	12/27/18 No School	12/28/18 No School
12/31/18 No School	1/1/19 No School	1/2/19 No School	1/3/19 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	1/4/19 Peach Yogurt 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% 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
12/3/18 Popcorn Chicken with Whole Grain Roll	12/4/18 Cheeseburger On a wg Bun	12/5/18 Italian Cold Cut Hoagie	12/6/18 Toasted Cheese Sandwich	12/7/18 French Bread White Pizza
Featured Veggies: French Fries Baby Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Grape tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Cucumber Slices Tomato Soup Choice of Fruit Choice of Milk	Featured Veggies: Spinach Salad Steamed Peas Choice of Fruit Choice of Milk
12/10/18 Chicken Patty On a wg Bun	12/11/18 WG Pancakes With Ham	12/12/18 Nachos Grande Over Tortilla Chips	12/13/18 Penne Pasta & Meat Sauce Garlic Knot	12/14/18 Macaroni & Cheese With a Dinner Roll
Featured Veggies: Sweet Potato Fries Celery Stick Choice of Fruit Choice of Milk	Featured Veggies: Potato Triangles Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Taco Beans Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Romaine salad Grape Tomatoes Choice of Fruit Choice of Milk
12/17/18 Turkey & Cheese Wrap	12/18/18 Whoville Tree Tenders w/ Roll Who Hash Cindy Lou Corn	12/19/18 Italian Wrap	12/20/18 French Toast Sticks With Sausage Patties or Canes Pizza Combo	12/21/18 Fish Shapes with Whole Grain Roll or Pepperoni Pizza
Featured Veggies: Tater Tots Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Grinch Grapes Sally O'Malley Juice Cup Who Pudding Choice of Milk Visit to HS	Featured Veggies: Refried Beans Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Hash Brown Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Spinach Salad Choice of Fruit Choice of Milk
12/24/18 No School 	12/25/18 No School 	12/26/18 No School 	12/27/18 No School 	12/28/18 No School 
12/31/18 No School Happy New Year & Here's to new beginnings! The best is yet to come! 	1/1/19 No School 	1/2/19 No School 	1/3/19 Chicken Nuggets with a Roll Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	1/4/19 Cheese Pizza Featured Veggies: Tossed Salad Red Pepper Strips 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 Entree Options:

Sunbutter & Jelly with Cheese Stick,

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