

## SEPTEMBER 2019



## **Haywood County Schools Grades Pre-K**

	Monday	Tuesday	Wednesday	Thursday	Friday
	LABOR DAY 2	Cereal Variety (1oz) Chilled Fruit Variety 1% Milk Choice	Sausage & Biscuit Chilled Fruit Variety 1% Milk Choice	Cereal Variety (1oz) Fresh Fruit Choice 1% Milk Choice	Mini Pancakes Fresh Fruit Choice 1% Milk Choice
7	Cereal Variety (1oz) Chilled Fruit Variety 1% Milk Choice	Chicken & Biscuit Chilled Fruit Variety 1% Milk Choice	Cereal Variety (1oz) Chilled Fruit Variety 1% Milk Choice	Breakfast Pizza Fresh Fruit Choice 1% Milk Choice	Yogurt Parfait Fresh Fruit Choice 1% Milk Choice
7	Bosco Cheese Stick w/ Marinara Sauce Chilled Fruit Variety 1% Milk Choice	Cereal Variety (1oz) Chilled Fruit Variety 1% Milk Choice	Ham, Egg & Cheese Breakfast Sandwich Chilled Fruit Variety 1% Milk Choice	Cereal Variety (1oz) Fresh Fruit Choice 1% Milk Choice	Yogurt Cup w/ Animal Crackers WG Fresh Fruit Choice 1% Milk Choice
1	Pancake & Sausage Nuggets Chilled Fruit Variety 1% Milk Choice	Cereal Variety (1oz) Chilled Fruit Variety 1% Milk Choice	Sausage & Biscuit Chilled Fruit Variety 1% Milk Choice	Cereal Variety (1oz) Fresh Fruit Choice 1% Milk Choice	Mini Pancakes Fresh Fruit Choice 1% Milk Choice
	Cereal Variety (1oz) Chilled Fruit Variety 1% Milk Choice				

To make a reimbursable meal, Pre-K students will be given 3 of the different components which include milk, fruit/vegetable, and a grain or meat/ meat alternate. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Yogurt must contain no more than 23 grams of sugar per 6 ounces. Student meals are served at no cost. Adult Breakfast: \$3.00