## BREAKFAST

## **FEBRUARY 2021**

## Haywood County Schools Grades Pre-K Take Home Menu



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.