

# Haywood County Schools Grades Pre-K Take Home

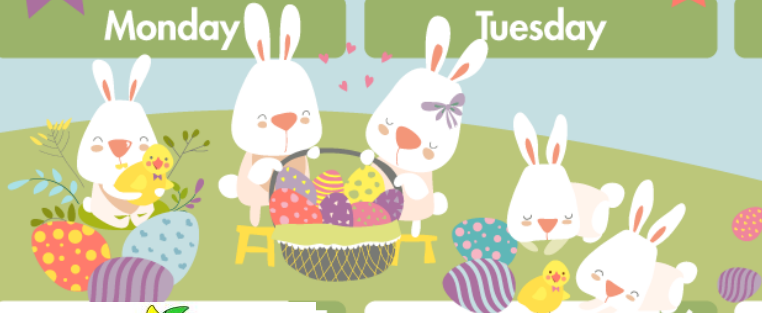
Monday

Tuesday

Wednesday

Thursday

Friday



1  
Mini Pancakes  
Fresh Fruit Choice  
100% Fruit Juice

**GOOD  
FRIDAY**

5  
*Professional  
Development  
for Teachers*

6  
Muffin  
Chilled Fruit Variety  
100% Fruit Juice

7  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

8  
Mini Pancakes  
Fresh Fruit Choice  
100% Fruit Juice

9  
Cereal  
Fresh Fruit Choice  
100% Fruit Juice

12  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

13  
Muffin  
Chilled Fruit Variety  
100% Fruit Juice

14  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

15  
Mini Pancakes  
Fresh Fruit Choice  
100% Fruit Juice

16  
Cereal  
Fresh Fruit Choice  
100% Fruit Juice

19  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

20  
Muffin  
Chilled Fruit Variety  
100% Fruit Juice

21  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

22  
Mini Pancakes  
Fresh Fruit Choice  
100% Fruit Juice

23  
Cereal  
Fresh Fruit Choice  
100% Fruit Juice

26  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

27  
Muffin  
Chilled Fruit Variety  
100% Fruit Juice

28  
Cereal  
Chilled Fruit Variety  
100% Fruit Juice

29  
Mini Pancakes  
Fresh Fruit Choice  
100% Fruit Juice

30  
Cereal  
Fresh Fruit Choice  
100% Fruit Juice

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.

A choice of white and flavored 1 % milk will be offered daily.

**This institution is an equal opportunity provider.**

