

# Red clay consolidated School District September Pre-K Menu

**cereal choices:** Rice Krispies, Rice Chex, Whole-Grain Cheerios

\*Starting SY 2017-2018 Federal Regulations will require schools to offer cereals with 6gm of sugar or less per 1oz to Pre-K students and Sugar Limits on Yogurt. We are also no longer able to offer dessert type breakfast foods such as nutri-grain bars, pop-tarts or other pastries.

	Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 5th-8th	No School Today Labor Day Weekend	<b>Breakfast</b> Mini Pancakes Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> BBQ Teriyaki Chicken w/ Rice Teriyaki Broccoli Trees Pineapple & Mandarins Low-Fat Milk	<b>Breakfast</b> Blueberry Muffin Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Cheeseburger on Bun Warm Baked Beans Farm Fresh Watermelon Low-Fat Milk	<b>Breakfast</b> Trix Yogurt Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Sausage Patty & French Toast Sticks Crispy Potato Puffs Farm Fresh Peaches Low-Fat Milk	<b>Breakfast</b> Mini Waffles Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Vendor Cheese Pizza Fresh Roasted Squash Cool Mixed Fruit Low-Fat Milk
Sept. 11th-15th	<b>Breakfast</b> Cinnamon Flatbread Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Cheese Steak Sandwich Roasted Potatoes Juicy Peaches Low-Fat Milk	<b>Breakfast</b> Egg & Cheese on Biscuit Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Chicken Mac n' Cheese Jack & the Bean Stalks Melon Cup Low-Fat Milk	<b>Breakfast</b> Plain Bagel w/ Cream Cheese Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Mini Corn Dogs Buttery Peas & Corn Fresh Fruit Combo Low-Fat Milk	<b>Breakfast</b> Cereal Bowl Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Ham & Cheese Sandwich Sautéed Spinach Sweet Strawberry Cup Low-Fat Milk	<b>Breakfast</b> RC Bake Shop Veggie Muffin Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Cheesy Pizza Slice X-Ray Vision Carrots Fresh Apple Smiles Low-Fat Milk
Sept. 18th-22nd	<b>Breakfast</b> Tasty Banana Bread Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Hot Dog on Whole Grain Bun Vegetable Confetti Chilled Applesauce Cup Low-Fat Milk	<b>Breakfast</b> Warm Maple Pancake Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Grilled Chicken Sandwich Fresh Snap Peas Fruity Fruit Mix Low-Fat Milk	<b>Breakfast</b> Mini French Toast Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Crispy Chicken Balls with Roll Roasted Broccoli Trees Fresh Fruit Salad Low-Fat Milk	No School Today Teacher Training	<b>Breakfast</b> Blueberry Oat Muffin Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Vendor Cheese Pizza Jack & the Bean Stalks Fresh Apple Smiles Low-Fat Milk
Sept. 25th-29th	<b>Breakfast</b> Mini Pancakes Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Chicken Patty Sandwich Buttery Carrots & Beans Fruity Fruit Mix Low-Fat Milk	<b>Breakfast</b> Egg & Cheese English Muffin Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Sausage & Waffle Sticks Tasty Potato Pancakes Sweet Strawberry Cup Low-Fat Milk	<b>Breakfast</b> Bake Shop Sweet Roll Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Grilled Cheese Sandwich Yellow Power Peppers Fresh Apple Smiles Low-Fat Milk	<b>Breakfast</b> Danimals Yogurt Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Cheeseburger on Bun Warm Baked Beans Sweet Strawberry Cup Low-Fat Milk	<b>Breakfast</b> Blueberry Bagel with Butter Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Cheesy Pizza Slice Buttery Peas & Corn Chilled Applesauce Cup Low-Fat Milk
Oct. 2nd-6th	<b>Breakfast</b> Breakfast Toast Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Turkey & Cheese Sandwich Roasted Broccoli Trees Juicy Peaches Low-Fat Milk	<b>Breakfast</b> Egg & Cheese Croissant Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Mandarin Orange Chicken With Sesame Breadstick Vegetable Confetti Pineapple & Mandarins Low-Fat Milk	<b>Breakfast</b> Plain Bagel with Butter Fresh Fruit or Fruit Juice Low-Fat Milk <b>Lunch</b> Sausage Patty & French Toast Sticks Crispy Potato Puffs Chilled Applesauce Cup Low-Fat Milk	<b>Breakfast</b> Cereal Bowl Fresh or Dried Fruit Low-Fat Milk <b>Lunch</b> Vendor Cheese Pizza Steamed Veggie Confetti Fruity Fruit Mix Low-Fat Milk	No School Today Teacher Training