

JANUARY 2020

Transylvania County Schools NC Pre-K [Breakfast and Snack]

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

In the Southern Hemisphere, January is a summer month the equivalent of July.



6

Breakfast
Rice Crispie Cereal^{WG}
Fruit Cup

Snack
Peaches
Yogurt

7

Breakfast
Sausage Bites^{WG}
Fresh Fruit

Snack
Yogurt
Mandarin Oranges

8

Breakfast
Toastie O's or Corn Cereal^{WG}
Fruit Cup

Snack
Pretzels^{WG}
Juice

9

Breakfast
Mini French Toast^{WG}
Fruit Cup

Snack
½ Boiled Egg
Apple Slices

10

Breakfast
Muffin^{WG}
Fruit Cup

Snack
Goldfish Crackers^{WG}
Fruit Cup

13

Breakfast
Rice Crispie Cereal^{WG}
Fruit Cup

Snack
Peaches
Yogurt

14

Breakfast
Sausage Biscuit
Fresh Fruit

Snack
Yogurt
Mandarin Oranges

15

Breakfast
Toastie O's Cereal^{WG} or
Corn Cereal^{WG}
Fruit Cup

Snack
Pretzels^{WG}
Juice

16

Breakfast
Mini Maple Pancake^{WG}
Fruit Cup

Snack
½ Cheese Sandwich^{WG}
Apple Slices

17

Breakfast
Grahams^{WG}
Fruit Cup

Snack
Fruit Cup
Cheese Stick

20

Martin Luther King Jr Day

21

Teacher Workday

22

Breakfast
Toastie O's Cereal^{WG} or
Corn Cereal^{WG}
Fruit Cup

Snack
Pretzels^{WG}
Juice

23

Breakfast
Mini French Toast^{WG}
Fruit Cup

Snack
½ Boiled Egg
Apple Slices

24

Breakfast
Muffin^{WG}
Fruit Cup

Snack
Goldfish Crackers^{WG}
Fruit Cup

27

Breakfast
Rice Crispie Cereal^{WG}
Fruit Cup

Snack
Peaches
Yogurt

28

Breakfast
Sausage Biscuit
Fresh Fruit

Snack
Yogurt
Mandarin Oranges

29

Breakfast
Toastie O's Cereal^{WG} or
Corn Cereal^{WG}
Fruit Cup

Snack
Pretzels^{WG}
Juice

30

Breakfast
Mini Maple Pancake^{WG}
Fruit Cup

Snack
½ Cheese Sandwich^{WG}
Apple Slices

31

Breakfast
Grahams^{WG}
Fruit Cup

Snack
Fruit Cup
Cheese Stick

WG = Whole Grain

A variety of dry cereal is available each day:

Malt-O-Meal Rice Crispies, Malt-O-Meal Corn Flakes & Toasty O's Wheat Cereal.

Milk is served each day at Breakfast. Milk, juice or water is served with snack.

Milk Served:

1% Milk

(2 years and up)

Milks provided by

parents:

Soy Milk

Almond Milk

(Disability form required for almond milk.)

RE: 11/08/2019 JC

"USDA is an equal opportunity provider."