

May 2022 Preschool and All Aboard Breakfast Menu
Serving ages 3-4

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 WG Cinnamon Toast Crunch Cereal (1G, 1 Pkg) Unsweetened Applesauce (½ C) 1% Unflavored Milk (1 C)</p>	<p>3 Turkey Sausage Patty (1 M) Biscuit (2G) Fresh Orange Slices (½ C) 1% Unflavored Milk (1 C)</p>	<p>4 WG Oatmeal (2G) w/ Applesauce (½ C Fruit) 1% Unflavored Milk (1 C)</p>	<p>5 WG Delicious Blueberry Muffin (1G, 1 Pkg) Diced Pears (½ C) 1% Unflavored Milk (1 C)</p>	<p>6 WG Rice Chex Cereal (1G, 1 Pkg) Mixed Tropical Fruit (½ C) 1% Unflavored Milk (1 C)</p>
<p>9 Turkey Sausage Breakfast Pizza -WG Crust (1.5 G) - Cheese and -Sausage (1M) Fresh Apple (1 each) 1% Unflavored Milk (1 C)</p>	<p>10 WG Fluffy Pancakes (1G) Syrup Fresh Orange Slices (½ C) 1% Unflavored Milk (1 C)</p>	<p>11 WG Cinnamon Chex Cereal (1 G, 1 pkg) Blueberries (½ C) 1% Unflavored Milk (1 C)</p>	<p>12 WG Fluffy Banana Muffin (1G, 1 Pkg) Unsweetened Applesauce (½ C) 1% Unflavored Milk (1 C)</p>	<p>13 Homemade Egg Patty (1M) WG Biscuit (2G) Jelly Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>
<p>16 WG Delicious Blueberry Muffin (1G, 1pkg) Fresh Apple (1 each) 1% Unflavored Milk (1 C)</p>	<p>17 Egg, Turkey Sausage & Cheese Burrito (1M, 1.5 G, 1 pkg) Sweet Diced Peaches (½ C) 1% Unflavored Milk (1 C)</p>	<p>18 WG Savory Biscuit & Gravy (2G) Juicy Mandarin Oranges (½ C) 1% Unflavored Milk (1 C)</p>	<p>19 Turkey Sausage Breakfast Pizza -WG Crust (1.5 G) - Cheese and -Sausage (1M) Mixed Tropical Fruit (½ C) 1% Unflavored Milk (1 C)</p>	<p>20 WG Cinnamon Toast Crunch Cereal (1G, 1 pkg) Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>
<p>23 WG Mini Maple Waffles (2G, 1pkg) Juicy Mandarin Oranges (½ C) 1% Unflavored Milk (1 C)</p>	<p>24 WG Cinnamon Chex (1G, 1 Pkg) Sweet Diced Peaches (½ C) 1% Unflavored Milk (1 C)</p>	<p>25 Scrambled Eggs (2M) WG Biscuit (2G) Jelly Fresh Apple (1 each) 1% Unflavored Milk (1 C)</p>	<p>26 WG Delicious Blueberry Muffin (1G, 1 Pkg) Unsweetened Applesauce (½ C) 1% Unflavored Milk (1 C)</p>	<p>27 WG Turkey Sausage Breakfast Pizza -Crust (1.5 G) - Cheese and -Sausage (1M) Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Breaded Popcorn (2M, 1G) Ketchup Green Beans (¼ C) Sweet Diced Peaches (¼ C) 1% Unflavored Milk (1 C)	3 WG Banana Loaf w/ Strawberry Yogurt (1M, 1G, 2 pkg) String Cheese (1M, 1pkg) Fresh Baby Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	4 WG Fluffy Pancakes (1 pkg, 1 G) Juicy Sausage Patty (1M) String Cheese (1M) Hash Brown Sticks (¼ C) Diced Pears (¼ C) Maple Syrup Cup 1% Unflavored Milk (1 C)	5 WG Grilled Cheese Sandwich (2M, 2G) Fresh Baby Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	6 WG Delicious Cheese Pizza (1.5M, 1.75G) Steamed Crinkle Carrots (¼ C) Unsweetened Applesauce (¼ C) 1% Unflavored Milk (1 C)
9 WG Breaded Popcorn Chicken (2M, 1G) Ketchup Packet Green Bell Pepper (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)	10 Turkey Hot Dog (2M) WG Hot Dog Bun (2G) Ketchup Packet Broccoli Florets (¼ C) Fresh Apple (1 each) 1% Unflavored Milk (1 C)	11 WG Eggo Waffles (1 pkg, 1 G) Juicy Sausage Patty (1M) String Cheese (1M) Hash Brown Sticks (¼ C) Diced Pears (¼ C) Maple Syrup Cup 1% Unflavored Milk (1 C)	12 WG Classic Mac & Cheese (2M, 2G) Fresh-Cut Vegetarian Baked Beans (¼ C) Raisins Box (1 each) 1% Unflavored Milk (1 C)	13 WG Turkey Ham & Cheese Sandwich (2M, 2G) Mustard Packet Mayonnaise Packet Fresh Baby Carrots (¼ C) Fresh Orange Slices (¼ C) 1% Unflavored Milk (1 C)
16 WG Breaded Chicken Tenders (2M, 1G) Ketchup Packet Creamy Ranch Dressing Vegetarian Baked Beans (¼ C) Fresh Orange Slices (¼ C) 1% Unflavored Milk (1 C)	17 WG Grilled Cheeseburger (2M, 2G) Ketchup Packet Mustard Packet Steamed Corn (¼ C) Juicy Pineapple Tidbits (¼ C) 1% Unflavored Milk (1 C)	18 WG Fluffy Pancakes (1G) Juicy Sausage Patty (1M) String Cheese (1M) Maple Syrup Cup Hash Brown (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	19 WG Turkey Ham & Cheese Sandwich (2M, 2G) Fresh-Cut Cucumber Slices (¼ C) Blueberries (¼ C) 1% Unflavored Milk (1 C)	20 WG Delicious Cheese Pizza (1.5M, 1.75G) Fresh Broccoli Florets (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)
23 WG Chicken Nuggets (2M, 1G) Ketchup Packet Green Beans (¼ C) Diced Pears (¼ C) 1% Unflavored	24 WG Banana Loaf w/ Strawberry Yogurt (1M, 1G, 2 pkg) String Cheese (1M, 1pkg) Seasoned 5 Way Mixed Vegetables (¼ C)	25 WG Mini Cinnamon French Toast (2G) Juicy Sausage Patty (1M) String Cheese (1M) Hash Brown (¼ C) Sweet Mixed Fruit (¼ C)	26 WG Mini Corndogs (2M, 2G) Ketchup Packet Fresh Baby Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk	27 WG Delicious Cheese Pizza (1.5M, 1.75G) Fresh-Cut Cucumber Slices (¼ C) Juicy Mandarin Oranges (¼ C)

Milk (1 C)	Mixed Tropical Fruit ($\frac{1}{4}$ C) 1% Unflavored Milk (1 C)	1% Unflavored Milk (1 C)	(1 C)	1% Unflavored Milk (1 C)
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- Alternate food choice: Sunbutter and jelly