



PRE-K-BREAKFAST

2023

2 Week Cycle Menu

Week 1	Monday	Tuesday	Wednesday February 1, 2023	Thursday February 2, 2023	Friday February 3, 2023
Grain/Meat/Meat Alt.			-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage	-Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable:			Apple slices	100% Fruit Juice	Fresh Orange Wedges
Milk			Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 2	Monday February 6, 2023	Tuesday February 7, 2023	Wednesday February 8, 2023	Thursday February 9, 2023	Friday February 10, 2023
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Super Bakery Pastry
Fruit/Vegetable:	Apple slices	Chilled Fruit Cup	100% Fruit Juice	Fresh Orange Wedges	100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

Week 3	Monday February 13, 2023	Tuesday February 14, 2023	Wednesday February 15, 2023	Thursday February 16, 2023	Friday February 17, 2023
Grain/Meat/Meat Alt.	-Assorted Cereal Bowl w./Hard Boiled Egg	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage
Fruit/Vegetable:	Chilled Fruit Cup	100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 4	Monday February 20, 2023	Tuesday February 21, 2023	Wednesday February 22, 2023	Thursday February 23, 2023	Friday February 24, 2023
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Super Bakery Pastry
Fruit/Vegetable:	Apple slices	Chilled Fruit Cup	100% Fruit Juice	Fresh Orange Wedges	100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

Week 5	Monday February 27, 2023	Tuesday February 28, 2023
Grain/Meat/Meat Alt.	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit
Fruit/Vegetable:	Chilled Fruit Cup	100% Fruit Juice
Milk	Apple slices	Low Fat White Unflavored Skim



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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