

MMFA PRE K/HEADSTART BREAKFAST MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUST CHOOSE ONE	Beef Sausage~ WG Bagel 235 cal	^WG Pancakes 210-220 cal	^Yogurt & WG Elf Grahams 200 cal	WG Turkey Ham+ & Cheese on Hawaiian Bun 186 cal	^Cheese Stick ^WG Cinnamon Roll 232 cal
	SUBSTITUTE MENU MAY BE SERVED A MAXIMUM OF TWO DAYS A WEEK: ^WG French Toast Sticks 166-406 cal ^WG Egg Wrap 160 cal				
MAY CHOOSE UP TO TWO MUST CHOOSE ONE	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Orange Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Orange Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal
MAY CHOOSE ONE	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal

^ Meatless + Poultry *Pork WG Whole Grain
° Milk choices include Fat Free White, Fat Free Flavored, or 1% White