

Garrett & Hackney Pre-K Menu



MEAL PRICING:

Student Breakfast Price	Free
Adult/Visitor Breakfast Price	\$2.35
Milk Only	\$0.50
Soy or Lactose Milk	\$1.00

January-May 2018

BREAKFAST IN THE CLASSROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Mini Pancakes Fruit Milk	Biscuit & Sausage Banana Milk	Mini Corn Dogs Applesauce Milk	Frudel (Apple fruit-filled pastry) Orange Slices Milk	French Toast Sticks Juice Milk
2	Muffin Fruit Milk	Cereal Banana Milk	Mini Corn Dogs Applesauce Milk	Mini Bagels (Cinnamon or Strawberry) Strawberry Cup Milk	Go Big Yogurt Juice Milk
3	Pancake on a Stick Fruit Milk	Cereal Fruit Milk	Mini Pancakes Juice Milk	Muffin Applesauce Milk	Banana Bread Juice Milk

All Cereal is Reduced Sugar, 25% less Sugar, and Whole Grain.
 All Bread is Whole Grain or Whole Wheat.
 All Canned Fruit and Frozen Fruit are with fruit juice or light syrup.
 Students must take all items.
 Milk is 1% White only unless you complete a form for special diets.

NUTRITION BITES:

- Breakfast contributes less than 20% of daily calories, but includes key vitamins and minerals: calcium, vitamin D, iron, and B vitamins.¹
- The U.S. Dietary Guidelines recommends that Americans eat more whole grain. Cereal is one of the best ways to get the whole grain you need at breakfast.
- Cereal is an important contributor to improved nutrient intake in food insecure children.²

Week 1	Week 2	Week 3
Jan 8 th Jan 29 th Feb 19 th Mar 19 th Apr 9 th Apr 30 th May 21 st Mgr Choice	Jan 15 th Feb 5 th Feb 26 th Mar 26 th Apr 16 th May 7 th	Jan 22 nd Feb 12 th Mar 5 th Apr 2 nd Apr 23 rd May 14 th

This institution is an equal opportunity provider.

1. NHANES 2011-12.
 2. Albertson et al. Ready-to-Eat Cereal Intake is Associated with an Improved Nutrient Intake Profile among Food Insecure Children in the United States. *Journal of Hunger & Environmental Nutrition* (2013).

Garrett & Hackney Pre-K Menu



Pre-K MEAL PRICING:

Lunch Full Price Pre-K	\$2.00
Reduced Lunch Price	\$0.40
Milk Only	\$0.50
Soy or Lactose Free Milk	\$1.00

Pre-K LUNCH Menu

January-May 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Nuggets Mashed Potatoes Fruit Milk Country Gravy & Ketchup	Cheesy Nachos Pinto beans Salsa Fruit Slush (100% Juice) Milk	Pepperoni Pizza Diced Carrots Applesauce Milk Ranch Dressing	Popcorn Chicken Green Beans Orange Slices Milk Ketchup	Chicken Burger Smiley Faced Potatoes Mandarin Oranges Milk Ketchup, Mayo, Mustard
2	Hot Dog on Bun Broccoli w/cheese Fruit Milk Ketchup	Wild Mike's Cheesy Bites Fresh Baby Carrots Banana Milk Marinara Sauce, Ranch Dressing	Macaroni & Cheese Green Beans Applesauce Milk	Chicken Rings Mashed Potatoes Fruit Slush (100% Juice) Milk Country Gravy, Ketchup	Mini Corn Dogs Smiley Faced Potatoes Peaches Milk Ketchup, Mayo
3	Grilled Cheese Sandwich Pinto Beans Fruit Tator Tots Milk Ketchup	Chicken Nuggets Hot Roll Mashed Potatoes Mandarin Oranges Milk Country Gravy, Ketchup	Pepperoni Pizza Sweet Peas Pineapple Tidbits Milk Ranch Dressing	Chicken Drumstick Corn Fruit Slush (100% Juice) Milk Ketchup	Steak Nuggets Smiley Faced Potatoes Hot Roll Applesauce Milk Ketchup

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All Bread is Whole Grain or Whole Wheat.
All Canned Fruit and Frozen Fruit are with fruit juice or light syrup.
Students must take all items.
Milk is 1% White only unless you complete a form for special diets.

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.