



Pre-K Breakfast

November 2018

			1 Cheerios Cereal Strawberry Craisins	2 Strawberry Banana Yogurt w/ Animal Crackers 100% Apple Juice
5 Chocolate Muffin Strawberry Applesauce Cup	6 Rice Krispies Cereal Apple Wedges	7 Rice Chex Cereal Fresh Banana	8 Cheerios Cereal Strawberry Craisins	9 Strawberry Banana Yogurt w/ Animal Crackers 100% Orange Juice
12 No School Veterans Day	13 Rice Krispies Cereal Apple Wedges	14 Rice Chex Cereal Fresh Banana	15 Cheerios Cereal Strawberry Craisins	16 Strawberry Banana Yogurt w/ Animal Crackers 100% Apple Juice
22 Chocolate Muffin Strawberry Applesauce Cup	20 Rice Krispies Cereal Apple Wedges	21 No School Thanksgiving	22 No School Thanksgiving 	23 No School Thanksgiving
26 Chocolate Muffin Strawberry Ap- plesauce Cup	27 Rice Krispies Cereal Apple Wedges	28 Rice Chex Cereal Fresh Banana	29 Cheerios Cereal Strawberry Craisins	30 Strawberry Banana Yogurt w/ Animal Crackers 100% Apple Juice

More info...

All Grains are Whole Grain
Students will be asked to choose at least 3 items daily.

More info...

Meal Prices

Breakfast - \$1.50 Lunch - \$2.85
NO Charge for Students at Empire

Grab a milk

1% low fat & unflavored fat-free choices