



Pre-K Breakfast

October 2018

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| 1 No School Professional Development Day | 2 Rice Krispies Cereal Apple Wedges | 3 Rice Chex Cereal Fresh Banana | 4 Cheerios Cereal Strawberry Craisins | 5 Strawberry Banana Yogurt w/ Animal Crackers 100% Apple Juice |
| 8 Blueberry Muffin Strawberry Applesauce Cup | 9 Rice Krispies Cereal Apple Wedges | 10 Rice Chex Cereal Fresh Banana | 11 Cheerios Cereal Strawberry Craisins | 12 Strawberry Banana Yogurt w/ Animal Crackers 100% Orange Juice |
| 15 Chocolate Muffin Strawberry Applesauce Cup | 16 Rice Krispies Cereal Apple Wedges | 17 Rice Chex Cereal Fresh Banana | 18 Cheerios Cereal Strawberry Craisins | 19 Strawberry Banana Yogurt w/ Animal Crackers 100% Apple Juice |
| 22 Blueberry Muffin Strawberry Applesauce Cup | 23 Rice Krispies Cereal Apple Wedges | 24 Rice Chex Cereal Fresh Banana | 25 Cheerios Cereal Strawberry Craisins | 26 No School Nevada Day |
| 29 Blueberry Muffin Strawberry Applesauce Cup | 30 Rice Krispies Cereal Apple Wedges | 31 Rice Chex Cereal Fresh Banana | | |

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