





Laraway CCSD 70C Pre-K CACFP Breakfast Menu September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
No School  Monday, 9-3-18	September 4th WG Muffin, Whole Apple, Yogurt Tube, 1% White Milk	Sept. 5 th WG Granola , Greek Yogurt, Fresh Pear, 1% White Milk	Sept. 6 th WG Cereal, Fresh Banana, 1% White Milk	Sept 7 th Egg & cheese Wrap (WG) Fresh Berries, 1% White Milk
Sept. 10th WG Pancakes with Syrup Fresh Pear, 1% White Milk	Sept 11th WG Graham Crackers, Banana, Cheese Stick, 1% White Milk	Sept 12 th WG Sausage-egg-cheese Crossiant, *Fresh Fruit, 1% White Milk	Sept 13 th Flavored Greek Yogurt, WG Granola, Cut Melon, 1% White Milk	Sept 14th WG Cereal, Fresh Pear, 1% White Milk
Sept. 17 th WG Muffin, Whole apple, 1% White Milk	Sept 18 th WG Biscuit with Honey, Cheese/Grapes snack pack, 1% White Milk	Sept 19 th Egg & cheese Wrap (WG) *Fresh Fruit, 1% White Milk	Sept. 20 th WG Graham Crackers, Whole Apple, Yogurt Tube, 1% White Milk	<u>Sept. 21st</u> Early Release 11:30 a.m.  NO SCHOOL PRE-K
Sept 24 th WG Graham Crackers, Cut Melon, Cheese Stick, 1% White Milk	Sept 25 th WG French Toast with Syrup, Fresh Banana, 1% White Milk	Sept 26 th WG Cereal, Fresh Pear, 1% White Milk	Sept 27 th WG Sausage-egg-cheese Crossiant, *Fresh Fruit, 1% White Milk	Sept 28 th WG Muffin, Whole Apple, Yogurt Tube, 1% White Milk

Food Allergies/Intolerances are only accommodated with physician documents, per the Illinois state board of Education. For any Questions or Concerns regarding the Menu, please contact: Sarah Izaguirre (815)727-5196 or sizaguirre@laraway70c.org

We reserve the right to alter the menu, based on availability

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability.

All Students are provided a free Breakfast daily. Our Menus adhere to Nutrition guidelines set by the USDA.

WG = Whole Grain-rich meal component
 Fresh Fruit= a possible serving of fresh apple, orange, banana, pear, berries, grapes, or melon