





PRE-K-BREAKFAST

2023

2 Week Cycle Menu

Week 1	Monday January 2, 2023	Tuesday January 3, 2023	Wednesday January 4, 2023	Thursday January 5, 2023	Friday January 6, 2023
Grain/Meat/Meat Alt.	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage	-Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable:	Chilled Fruit Cup	100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 2	Monday January 9, 2023	Tuesday January 10, 2023	Wednesday January 11, 2023	Thursday January 12, 2023	Friday January 13, 2023
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Super Bakery Pastry
Fruit/Vegetable:	Apple slices	Chilled Fruit Cup	100% Fruit Juice	Fresh Orange Wedges	100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

Week 3	Monday January 16, 2023	Tuesday January 17, 2023	Wednesday January 18, 2023	Thursday January 19, 2023	Friday January 20, 2023
Grain/Meat/Meat Alt.	<div>RPS Closed</div> <div></div>	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Eggo Waffle (1) w./Syrup & Turkey Sausage
Fruit/Vegetable:		100% Fruit Juice	Apple slices	100% Fruit Juice	Fresh Orange Wedges
Milk		Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 4	Monday January 23, 2023	Tuesday January 24, 2023	Wednesday January 25, 2023	Thursday January 26, 2023	Friday January 27, 2023
Grain/Meat/Meat Alt.	-Yogurt w. /WG Muffin	-Assorted Cereal Bowl w./Hard Boiled Egg	-Steak on Southern Biscuit	-Assorted Cereal Bowl w./Hard Boiled Egg	-Super Bakery Pastry
Fruit/Vegetable:	Apple slices	Chilled Fruit Cup	100% Fruit Juice	Fresh Orange Wedges	100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

Week 5	Monday January 30, 2023	Tuesday January 31, 2023	
Grain/Meat/Meat Alt.	-Assorted Cereal Bowl w./Hard Boiled Egg	-Chicken Biscuit	
Fruit/Vegetable:	Chilled Fruit Cup	100% Fruit Juice	
Milk	Apple slices	Low Fat White Unflavored Skim	

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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