

W.C. Preschool

Breakfast Menu 2018/2019

Every breakfast includes choice of low fat milk, fresh fruit, whole grains, protein rich options, 100% fruit juice.



Children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.

	Mon.	Tues.	Wed.	Thurs.	Fri.
Wk 1	Sausage Biscuit	Muffin & Yogurt Cup	Chocolate Chip French Toast	Sausage Patty Hash Brown w/ ketchup Biscuit	Chicken Biscuit
Wk 2	Cinnamon Toast Crunch Toast w/ jelly	Cheesy Bacon Eggs Toast w/ jelly	Funfetti Pancakes	Sausage Patty Hash Brown w/ ketchup Biscuit	Bacon Breakfast Pizza
Wk 3	Sausage Biscuit	Muffin & Yogurt Cup	Ginny's Waffles	Sausage Patty Hash Brown w/ ketchup Biscuit	Chicken Biscuit
Daily options	Applesauce 1% milk	Apple Slices 1% milk	Craisins 1% milk	Banana 1% milk	Variety of Fresh Fruits 1% milk

"The USDA is an equal opportunity provider & employer"

We value locally-sourced, fresh, high quality, minimally processed foods. Our passion & commitment is to "Feed Woodford County's Future"

Menus will change due to seasonal availability & student preferences. Please go to WC Schools Food Service Website for full menu with nutritional data and images:
<http://www.woodford.kyschools.us/content/18>

Meal Prices:
Paid: \$1.30
Reduced: \$.30
Free- No Cost
Adult: \$2.50

August					September					October					November					December					January					February					March					April					May																																																																
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W.C. Preschool

LUNCH Menu 2018/2019

Meal Prices:
 Paid: \$2.50
 Reduced: \$.40
 Free- No Cost
 Adult: \$4.00

	Mon. Pasta Party Bar	Tues. Taco- style Tuesday	Wed. Pizzeria & a Treatza	Thurs. Sandwich Zone	Fri. Fresh Favorites
Wk 1	Spaghetti Noodles w/ Marinara Sauce Cheesy Breadstick	Soft Taco with ground beef Mexican Rice Corn salsa, cheese	Cheese Pizza Carrot Dippers with ranch Mini Rice Krispy Treat	Hamburger Celery Sticks w/ dip	Mini Corn Dogs Cheese & Macaroni Crispy Fries Woodford Salad
Wk 2	Nacho Lunch-kit Chips, Cheese Dip, Salsa	Turkey & Cheese Sandwich Cheeto Puffs Carrot Crunchers	Cheese Pizza Carrot Dippers with ranch Mini Rice Krispy Treat	Mini Chicken Sliders Smiley Fries w/ ketchup	Chicken Tenders Basket Mashed Potatoes/ Corn Sweet Yeast Roll
Wk 3	Ham & Cheese Sandwich Cheeto Puffs Carrot Crunchers	Cheesy Quesadilla Salsa Cup	Cheese Pizza Carrot Dippers with ranch Mini Rice Krispy Treat	Ham or Turkey Sub Baked Doritos Celery Crunchers	Ballpark Hot Dog Crispy Fries
Daily Side Options	Applesauce 1% Milk	Apple Slices 1% Milk	Craisins 1% Milk	Farm- Fresh Fruit Salad 1% Milk	TRY DAY FRIDAY FRUIT! (Encourage your child to try a new fruit on Fridays) 1% Milk

Each Meal option includes choice of low fat milk, fresh fruits/vegetables, whole grains & lean protein- rich options.

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May				
M	T	W	Th	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

August					September					October					November					December					January					February					March					April									
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F					
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