
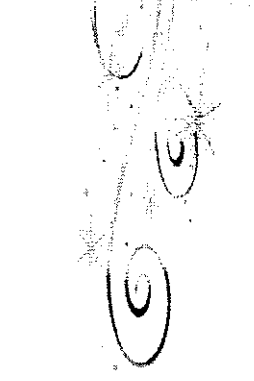


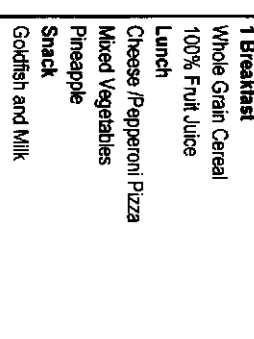
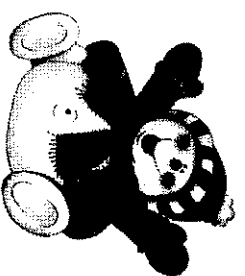

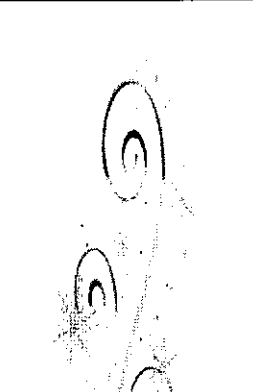





PENNCREST PreK Menu December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>4 Breakfast Whole Grain Crackers and String Cheese 100% Fruit Juice</p> <p>Lunch Ham and Cheese Melt Golden Corn Mixed Fruit Snack Fresh Veggies with Dip and Milk</p>	<p>5 Breakfast Whole Grain Banana Muffin Fruit Choice</p> <p>Lunch Pancakes with Sausage Tater Tots Applesauce Snack Yogurt and Juice</p>	<p>6 Breakfast Tix Yogurt and Bally Bears 100% Fruit Juice</p> <p>Lunch Chicken Strips with Soft Pretzel Steamed Broccoli Peaches Snack String Cheese and Milk</p>	<p>7 Breakfast Whole Grain Eggo Mini French Toast Fruit Choice</p> <p>Lunch Breaded Chicken Patty on a Bun Refried Beans Fresh Apple Snack Pretzels and Juice</p>	<p>1 Breakfast Whole Grain Cereal 100% Fruit Juice</p> <p>Lunch Cheese /Pepperoni Pizza Mixed Vegetables Pineapple Snack Goldfish and Milk</p>
<p>11 Breakfast Whole Grain Lemon Mini Loaf 100% Fruit Juice</p> <p>Lunch Popcorn Chicken with Bread Slice Garden Salad Pears Snack Cheeze Its and Milk</p>	<p>12 Breakfast Whole Grain Vanilla Graham Dots Fruit Choice</p> <p>Lunch French Toast Sticks with Sausage Cheesy Hashbrown Casserole Fresh Apple Snack String Cheese and Juice</p>	<p>13 Breakfast Whole Grain Mini Muffin 100% Fruit Juice</p> <p>Lunch Chicken Strips with Soft Pretzel Baked Beans Peaches Snack Goldfish and Milk</p>	<p>14 Breakfast Whole Grain Eggo Mini Pancakes Fruit Choice</p> <p>Lunch Roast Turkey and Gravy with Stuffing Whipped Potatoes Fresh Fruit Snack Pretzels and Juice</p>	<p>15 Breakfast Whole Grain Cereal 100% Fruit Juice</p> <p>Lunch Cheese/Pepperoni Pizza Carrot Coins Fresh Fruit Snack Yogurt and Milk</p>
<p>18 Breakfast Whole Grain Zucchini Bread 100% Fruit Juice</p> <p>Lunch Cheesy Beef Nachos with Bread Slice Black Beans Applesauce Snack Fresh Veggies with Dip and Milk</p>	<p>19 Breakfast Whole Grain Chez It's and String Cheese Fruit Choice</p> <p>Lunch Corn Dog Nuggets Oven Baked Fries Pineapple Snack Yogurt and Juice</p>	<p>20 Breakfast Whole Grain Eggo Mini Maple Waffles 100% Fruit Juice</p> <p>Lunch Macaroni and Cheese with Bread Slice Sweet Peas Pears Snack String Cheese and Milk</p>	<p>21 Breakfast Whole Grain Apple Cinnamon Mini Loaf Fruit Choice</p> <p>Lunch Chefs Choices Fresh fruit Chefs Choice Vegetable Snack Pretzels and Juice</p>	<p>22 Winter Break Starts</p> <p style="text-align: center;"></p>
				
				

*Breakfast and Lunch come with ice cold low fat milk

*Institution is an EOE