

Early Learning Center Breakfast Menu
USD 484 - Fredonia Schools
2019-2020



Carb count g.

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
• Cereal 24 g. • Whole Grain Muffin 29 g. • Juice • Choice 1% or Skim White Milk • Mandarin Oranges 18 g.	• Breakfast Pizza 26 g. • Juice • Choice 1% or Skim White Milk • Apple Slices	• Breakfast Cake 56 g. • Juice • Choice 1% or Skim White Milk • Applesauce 13 g.	• Pancake Sausage on Stick 17 g. • Juice • Choice 1% or Skim White Milk • Banana 27 g.	
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
• Cereal 24 g. • Whole Grain Muffin 29 g. • Juice • Choice 1% or Skim White Milk • Mandarin Oranges 18 g.	• Mini Pancakes 41 g. • Juice • Choice 1% or Skim White Milk • Pineapple 12 g.	• Soft Filled Cocoa Puff Bar 43 g. • Juice • Choice 1% or Skim White Milk • Pears 18 g.	• Mini Cinnis 39 g. • Juice • Choice 1% or Skim White Milk • Banana 27 g.	
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
• Cereal 24 g. • Whole Grain Muffin 29 g. • Juice • Choice 1% or Skim White Milk • Mandarin Oranges 18 g.	• Breakfast Pizza 26 g. • Juice • Choice 1% or Skim White Milk • Apple Slices	• Yogurt 10 g. • Juice • Choice 1% or Skim White Milk • Diced Peaches 18 g.	• Mini French Toast 37 g. • Juice • Choice 1% or Skim White Milk • Banana 27 g.	• Sausage Biscuit 26 g. • Juice • Choice 1% or Skim White Milk • Peaches 18 g.
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
• Cereal 24 g. • Whole Grain Muffin 29 g. • Juice • Choice 1% or Skim White Milk • Mandarin Oranges 18 g.	• Mini Pancakes 41 g. • Juice • Choice 1% or Skim White Milk • Pineapple 12 g.	• Whole Grain Muffin 29 g. • Juice • Choice 1% or Skim White Milk • Pears 18 g.	• Fruit Frudel 37 g. • Juice • Choice 1% or Skim White Milk • Banana 27 g.	• Biscuit & Sausage Gravy 26 g. 7 g. • Juice • Choice 1% or Skim White Milk • Peaches 18 g.