



# PRE-K-BREAKFAST

# 2022

## 2 Week Cycle Menu

Week 1		Tuesday November 1, 2022	Wednesday November 2, 2022	Thursday November 3, 2022	Friday November 4, 2022	
Grain/Meat/Meat Alt.		-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:		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 2		Monday November 7, 2022	Tuesday November 8, 2022	Wednesday November 9, 2022	Thursday November 10, 2022	Friday November 11, 2022
Grain/Meat/Meat Alt.	Schools Closed  	Schools Closed  for  Students	Steak on Southern Biscuit	Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry	
Fruit/Vegetable:	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		

“This institution is an equal opportunity provider.”

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.