

Erie's Public Schools Pre K Breakfast Menu

January 2, 2023 - January 31, 2023



Monday	Tuesday	Wednesday	Thursday	Friday
1/2/23	1/3/23	1/4/23	1/5/23	1/6/23
No School	WG Cinnamon Chex (1 oz.) Sliced Apples (1/2 cup) 1% Unflavored Milk (8 oz)	WG Rice Krispies (1 oz.) 1/2 Banana - (1/2 cup) 1% Unflavored Milk (8 oz)	WG Cheerios (1 oz.) Unsweetened Applesauce (1/2 cup) 1% Unflavored Milk (8 oz)	WG Reduced Sugar Cinnamon Toast Crunch (1 oz.) Peaches (1/2 cup) 1% Unflavored Milk (8 oz)
1/9/23	1/10/23	1/11/23	1/12/23	1/13/23
WG Cheerios (1 oz.) Mandarin Oranges (1/2 cup) 1% Unflavored Milk (8 oz)	WG Corn Flakes (1 oz.) Pineapple (1/2 cup) 1% Unflavored Milk (8 oz)	WG Rice Chex (1oz.) 1/2 Banana - (1/2 cup) 1% Unflavored Milk (8 oz)	WG Special K (1oz.) Diced Strawberries (1/2 cup) 1% Unflavored Milk (8 oz)	WG Reduced Sugar Cinnamon Toast Crunch (1 oz.) Pears (1/2 Cup) 1% Unflavored Milk (8 oz)
1/16/23	1/17/23	1/18/23	1/19/23	1/20/23
No School	WG Cinnamon Chex (1 oz.) Sliced Apples (1/2 cup) 1% Unflavored Milk (8 oz)	WG Rice Krispies (1 oz.) 1/2 Banana - (1/2 cup) 1% Unflavored Milk (8 oz)	WG Cheerios (1 oz.) Unsweetened Applesauce (1/2 cup) 1% Unflavored Milk (8 oz)	WG Reduced Sugar Cinnamon Toast Crunch (1 oz.) Peaches (1/2 cup) 1% Unflavored Milk (8 oz)
1/23/23	1/24/23	1/25/23	1/26/23	1/27/23
No School	WG Corn Flakes (1 oz.) Pineapple (1/2 cup) 1% Unflavored Milk (8 oz)	WG Rice Chex (1oz.) 1/2 Banana - (1/2 cup) 1% Unflavored Milk (8 oz)	WG Special K (1oz.) Diced Strawberries (1/2 cup) 1% Unflavored Milk (8 oz)	No School
1/30/23	1/31/23			
WG Kix (1 oz.) Pineapple (1/2 cup) 1% Unflavored Milk (8 oz)	WG Cinnamon Chex (1 oz.) Sliced Apples (1/2 cup) 1% Unflavored Milk (8 oz)			



Benefits of Healthy Breakfast
(The most important meal of day)

- Helps you control weight.
- Feel more energized throughout the day
- Improves concentration and focus
- Reduce the risk of illness and diseases



All cereals offered are whole grain.

MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

Jenny Johns - General Manager
 Jean Viglione - Registered Dietitian
 Jess Kremer - Chef Manager
 Shawn Leh - Chef Manager
 Phone: 814/874-6885

Free breakfast and lunch available to all students when school is in session.

USDA is an equal opportunity provider and employer.