

HOUSTON COUNTY SCHOOL NUTRITION

All Houston County School Cafeterias will be serving a one week rotation on their breakfast menu.

Each day of the week will have the same breakfast choices.

Every day we will
offer 2 different
breakfast meals!

January 2019

Students will have a choice between a
hot prepared breakfast or a cereal
and other grain or yogurt – they also
can choose fruit, juice and milk!

Pre-K BREAKFAST MENU

Monday

*Blueberry Muffin
Applesauce*

OR

*Cereal Choice
Applesauce*

*Each meal includes a
choice of
fat-free unflavored milk
or
1% unflavored milk*

AND

*A choice between apple,
grape, or orange juice.*

Tuesday

*Fluffy White Biscuit &
Crispy Steak
Mixed Fruit Cup*

OR

*Cereal Choice
Mixed Fruit Cup*

Wednesday

*Sausage, Egg & Cheese
Tornado
Fresh Apple Slices*

OR

*Cereal Choice
Fresh Apple Slices*

Thursday

*Mini Chicken &
Fluffy White Biscuit
Banana*

OR

*Cereal Choice
Banana*

Friday

*Sausage Breakfast Pizza
Mandarin Oranges*

OR

*Cereal Choice
Mandarin Oranges*

~Eat to Learn, Learn to Eat~

This Institution is an Equal Opportunity Provider.

Updated July 13, 2017