### November 2017 Breakfast and PM Snack at The CCC
#### Preschool

**MEAL TIMES:** 9:15am & 3pm

**MIN. SERVING SIZES:**
- Milk or Fruit Juice 1/2 cup
- Veggies or Fruits 1/4 cup
- Cereal 1/4 cup
- Pasta or Noodles 1/4 cup

**MINIMUM SERVING SIZES:**
- Cheese 1 oz
- Eggs 1 egg
- Beans or Peas 1/4 cup
- Yogurt 1/4 cup

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<th>Monday</th>
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<tbody>
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<td>Hot Oatmeal</td>
<td>Oven Potatoes</td>
<td>Cinnamon Rolls</td>
<td>Scrambled Eggs</td>
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<td>Pizza Juice</td>
<td>Crackers &amp; Cream Cheese</td>
<td>Mixed Vegetables</td>
<td>Orange Bread</td>
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<td>Toast</td>
<td>Rice Krispies</td>
<td>Pancakes</td>
<td>Omlettes</td>
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<tr>
<td>Rice and Beans</td>
<td>Grilled Cheese Sandwich</td>
<td>Fresh Fruit</td>
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<td>Cheese and Pasta</td>
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<td>Breakfast Burrito</td>
<td>Cinnamon Rolls</td>
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<td>Fruit &amp; Yogurt</td>
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<td>Peaches/Cottage Cheese</td>
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<td>Biscuits</td>
<td>Scrambled Eggs</td>
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<td>Lentil Soup</td>
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<td>Cheese Crackers</td>
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***Menu is subject to change without notice***
November 2017

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Preschool