



**HOLYOKE PUBLIC SCHOOLS  
PRE-K BIC  
MARCH 2019**



| <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
|--|--|--|--|--|
| 3/4  | 3/5  | 3/6  | 3/7  | 3/8  |
| Whole Grain Cereal<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Cinnamon French<br>Toast<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Blueberry Muffin<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice                     | Whole Grain Cereal<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Vanilla Yogurt<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice |
| 3/11   | 3/12   | 3/13   | 3/14   | 3/15   |
| Whole Grain Cereal<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Apple Muffin<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice             | Egg and Cheese<br>Breakfast Sandwich<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Whole Grain Cereal<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Vanilla Yogurt<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice |
| 3/18   | 3/19   | 3/20   | 3/21   | 3/22   |
| NO SCHOOL  | Blueberry Waffle<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice         | Banana Muffin<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice                        | Whole Grain Cereal<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Vanilla Yogurt<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice |
| 3/25   | 3/26   | 3/27   | 3/28   | 3/29   |
| Whole Grain Cereal<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice | Cheddar Cheese Omelet<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice    | Strawberry Pancakes<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice                  | Apple Muffin<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice       | Vanilla Yogurt<br><br>Whole Grain Cracker<br><br>Fresh Fruit<br>100% Juice |
| 1% AND FAT FREE MILK OFFERED DAILY   |  |  |  |  |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES                                |  |  | MENU IS SUBJECT TO CHANGE  |  |