

# May 2017

## BEN HILL COUNTY PRESCHOOL

### BREAKFAST



**School Information:** PREK  
Teresa Hill, Manager



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



### Monday

Muffin  
Juice **1**

### Tuesday

Pancake Pup  
Fruit **2**

### Wednesday

Cereal Bar  
Juice **3**

### Thursday

Ham & Biscuit  
Fruit **4**

### Friday

Peanut Butter  
Graham Crackers  
Fruit **5**

Pancake Pup  
Juice **8**

Sausage Biscuit  
Fruit **9**

Muffin  
Cheese Sticks  
Juice **10**

Waffles  
Fruit **11**

Cinni Mini  
Juice **12**

Super Bun  
Juice **15**

Pancake Pup  
Fruit **16**

Cereal  
Graham Crackers  
Fruit **17**

Muffin  
Fruit **18**

Poptart  
Juice **19**

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