

**PARAMOUNT UNIFIED SCHOOL DISTRICT
Early Childhood Education Program (ECE)**

**Every Meal Includes:
Fresh Fruit and 1%
Low Fat White Milk**



**Breakfast and Lunch are
served at NO COST to all
PUSD students.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Whole Grain French Toast Sticks Fresh Fruit 1% Low Fat White Milk	2 Whole Grain Cereal Fresh Fruit 1% Low Fat White Milk	3 Whole Grain Mini Muffin Fresh Fruit 1% Low Fat White Milk	4 Whole Grain Breakfast Taco w/Tater Tots Fresh Fruit 1% Low Fat White Milk
	7 Whole Grain Mini Waffles Fresh Fruit 1% Low Fat White Milk	8 Yogurt Fresh Fruit 1% Low Fat White Milk	9 Whole Grain Cereal Fresh Fruit 1% Low Fat White Milk	10 Whole Grain Pancakes Fresh Fruit 1% Low Fat White Milk
	14 Whole Grain Mini Muffin Fresh Fruit 1% Low Fat White Milk	15 Yogurt Fresh Fruit 1% Low Fat White Milk	16 Whole Grain Cereal Fresh Fruit 1% Low Fat White Milk	17 Whole Grain Mini Muffin Fresh Fruit 1% Low Fat White Milk
	21 Whole Grain Cereal Fresh Fruit 1% Low Fat White Milk	22 Yogurt Fresh Fruit 1% Low Fat White Milk	23 Whole Grain Mini Pancakes Fresh Fruit 1% Low Fat White Milk	24 Whole Grain Mini Muffin Fresh Fruit 1% Low Fat White Milk
	28 Whole Grain Cereal Fresh Fruit 1% Low Fat White Milk	29 Whole Grain French Toast Sticks Fresh Fruit 1% Low Fat White Milk	30 Whole Grain Cereal Fresh Fruit 1% Low Fat White Milk	31  Whole Grain Mini Muffin Fresh Fruit 1% Low Fat White Milk

Menu Subject to Change

"This institution is an equal opportunity provider."



DISTRITO ESCOLAR UNIFICADO DE PARAMOUNT
Programa de Educacion Temprana (ECE)

Cada Desayuno Incluye:
Fruta Fresca, Jugo de Frutas y Variedad de Leche

Desayuno y Almuerzo SIN COSTO a todos los estudiantes del Distrito Escolar Unificado de Paramount.

Octubre 2019

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
  <p>ChooseMyPlate.gov</p>	1 WG Pan Tostado Frances Fruta Fresca 1% Leche Blanca	2 WG Cereal Fruta Fresca 1% Leche Blanca	3 WG Mini Muffin Fruta Fresca 1% Leche Blanca	4 WG Taco de Desayuno Con/Papitas Fruta Fresca 1% Leche Blanca
 <p>7 WG Mini Waffles Fruta Fresca 1% Leche Blanca</p>	8 Yogurt Fruta Fresca 1% Leche Blanca	9 WG Cereal Fruta Fresca 1% Leche Blanca	10 WG Panqueques Fruta Fresca 1% Leche Blanca	11 WG Mini Muffin Fruta Fresca 1% Leche Blanca
 <p>14 WG Mini Muffin Fruta Fresca 1% Leche Blanca</p>	15 Yogurt Fruta Fresca 1% Leche Blanca	16 WG Cereal Fruta Fresca 1% Leche Blanca	17 WG Mini Muffin Fruta Fresca 1% Leche Blanca	18 WG Panque con Salchicha Fruta Fresca 1% Leche Blanca
 <p>21 WG Cereal Fruta Fresca 1% Leche Blanca</p>	22 Yogurt Fruta Fresca 1% Leche Blanca	23 WG Mini Panqueques Fruta Fresca 1% Leche Blanca	24 WG Mini Muffin Fruta Fresca 1% Leche Blanca	25 Yogurt Fruta Fresca 1% Leche Blanca
 <p>28 WG Cereal Fruta Fresca 1% Leche Blanca</p>	29 WG Pan Tostado Frances Fruta Fresca 1% Leche Blanca	30 WG Cereal Fruta Fresca 1% Leche Blanca	31  <p>WG Mini Muffin Fruta Fresca 1% Leche Blanca</p>	

MUCHO GUSTO POR COMER

Menu Sujeto a Cambios