



All Ages Breakfast Menu September 2018

(1-2 Year Old Substitutions listed in parenthesis)

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ½ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
September 3 Closed	September 4 Whole Grain Life Cereal -Fruit -Milk	September 5 Whole Grain English Muffin w/ Sun Butter - Fruit -Milk	September 6 WG Banana Muffin -Fruit -Milk	September 7 Cheerios -Fruit -Milk
September 10 Kix Cereal -Fruit -Milk	September 11 WG Pancake w/ Fruit Spread -Fruit -Milk	September 12 Corn Flakes -Fruit -Milk	September 13 WG Cranberry Orange Muffin -Fruit -Milk	September 14 Wheaties -Fruit -Milk
September 17 Rice Krispy Cereal -Fruit -Milk	September 18 WG Waffle w/ Fruit Spread -Fruit -Milk	September 19 Whole Grain Life Cereal - Fruit -Milk	September 20 WG Blueberry Muffin Fruit -Milk	September 21 Cheerios - Fruit -Milk
September 24 Kix Cereal - Fruit -Milk	September 25 WG French Toast Sticks - Fruit -Milk	September 26 Corn Flakes - Fruit -Milk	September 27 Corn Bread - Fruit -Milk	September 28 Wheaties - Fruit -Milk

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

All Cereals contain no more than 6 grams of sugar per dry ounce

All Yogurt contains no more than 23 grams of sugar per 6 ounce serving