



All Ages Breakfast Menu October 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
October 1 Rice Krispy Cereal -Fruit -Milk	October 2 Honey Wheat English Muffin w/ Fruit Spread -Fruit -Milk	October 3 Hard Boiled Egg - Wheat Bread - Fruit -Milk	October 4 WG Banana Bread -Fruit -Milk	October 5 Cheerios -Fruit -Milk
October 8 Kix Cereal -Fruit -Milk	October 9 WG English Muffin w/ SunButter -Fruit -Milk	October 10 Corn Flakes -Fruit -Milk	October 11 WG Blueberry Bread -Fruit -Milk	October 12 WG Life Cereal -Fruit -Milk
October 15 Rice Krispy Cereal -Fruit -Milk	October 16 WG Pancake w/ Fruit Spread -Fruit -Milk	October 17 Hard Boiled Egg - Wheat Bread - Fruit -Milk	October 18 WG Pumpkin Bread - Fruit -Milk	October 19 Cheerios - Fruit -Milk
October 22 Kix Cereal - Fruit -Milk	October 23 WG French Toast Sticks - Fruit -Milk	October 24 WG Life Cereal - Fruit -Milk	October 25 Cranberry Orange Muffin - Fruit -Milk	October 26 Rice Krispy Cereal - Fruit -Milk
October 29 Corn Flakes - Fruit - Milk	October 30 Corn Bread - Fruit - Milk	October 31 Hard Boiled Egg - Wheat Bread - 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