

All Ages Breakfast Menu November 2018

(1-2 Year Old Substitutions listed in parenthesis)

This institution is an equal opportunity provider.

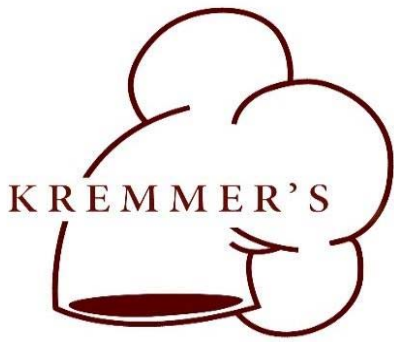
Approved by Barbara Myers RD, LD/N

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
			November 1 WG Banana Bread -Fruit -Milk	November 2 Cheerios -Fruit -Milk
November 5 Kix Cereal -Fruit -Milk	November 6 Honey Wheat English Muffin w/Fruit Spread -Fruit -Milk	November 7 Corn Flakes -Fruit -Milk	November 8 WG Blueberry Bread -Fruit -Milk	November 9 WG Life Cereal -Fruit -Milk
November 12 Rice Krispy Cereal -Fruit -Milk	November 13 WG English Muffin w/Sun Butter -Fruit -Milk	November 14 Hard Boiled Egg - Wheat Bread - Fruit -Milk	November 15 WG Pumpkin Bread - Fruit -Milk	November 16 Cheerios - Fruit -Milk
November 19 Kix Cereal - Fruit -Milk	November 20 WG Pancake w/Fruit Spread - Fruit -Milk	November 21 Corn Flakes - Fruit -Milk	Closed	November 23 Life Cereal - Fruit -Milk
November 26 Rice Krispy Cereal - Fruit - Milk	November 27 WG French Toast - Fruit - Milk	November 28 Hard Boiled Egg - Wheat Bread - Fruit - Milk	November 29 Cranberry Orange Bread -Fruit -Milk	November 30 Cheerios -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