



All Ages Dairy and Egg Breakfast Menu February 2019

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 Alternative

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

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | | | | February 1 Corn Flakes -Fruit -Milk Alternative |
| February 4 Cheerios -Fruit -Milk Alternative | February 5 English Muffin -Fruit Spread Packet -Fruit -Milk Alternative | February 6 Rice Crispy Cereal -Fruit -Milk Alternative | February 7 Vegan Bread -Fruit -Milk Alternative | February 8 Kix Cereal - Fruit -Milk Alternative |
| February 11 Corn Flakes - Fruit -Milk Alternative | February 12 Granola - Fruit -Milk Alternative | February 13 Cinnamon Raisin Bagel - Fruit Spread - Fruit -Milk Alternative | February 14 Vegan Bread -Fruit -Milk Alternative | February 15 Cheerios Fruit Milk Alternative |
| February 18 Rice Krispy Fruit Milk Alternative | February 19 English Muffin -Fruit Spread Packet -Fruit -Milk Alternative | February 20 Corn Flakes -Fruit -Milk Alternative | February 21 Vegan Bread -Fruit -Milk Alternative | February 22 Kix Cereal - Fruit -Milk Alternative |
| February 25 Cheerios - Fruit -Milk Alternative | February 26 English Muffin -Fruit Spread Packet - Fruit -Milk Alternative | February 27 WG Bagel - Fruit Spread - Fruit -Milk Alternative | February 28 Vegan Bread -Fruit -Milk Alternative | |

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****