

All Ages Soy and Gluten 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 Kix Cereal -Fruit -Milk Alternative
February 4 Cheerios -Fruit -Milk Alternative	February 5 Corn Chex -Fruit -Milk Alternative	February 6 Rice Chex -Fruit -Milk Alternative	February 7 Vegan Bread -Fruit -Milk Alternative	February 8 Kix Cereal - Fruit -Milk Alternative
February 11 Cheerios - Fruit -Milk Alternative	February 12 Corn Chex - Fruit -Milk Alternative	February 13 Rice Chex - Fruit -Milk Alternative	February 14 Vegan Bread -Fruit -Milk Alternative	February 15 Kix Cereal Fruit Milk Alternative
February 18 Cheerios Fruit Milk Alternative	February 19 Corn Chex -Fruit -Milk Alternative	February 20 Rice Chex -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 Corn Chex - Fruit -Milk Alternative	February 27 Rice Chex - 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