



All Ages Dairy & Egg Free Breakfast Menu January 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
	January 1	January 2 Kix Cereal -Fruit -Milk Alternative	January 3 Vegan Bread -Fruit -Milk Alternative	January 4 Corn Flakes -Fruit -Milk Alternative
January 7 Cheerios -Fruit -Milk Alternative	January 8 ½ English Muffin Sunbutter -Fruit -Milk Alternative	January 9 Rice Crispy Cereal -Fruit -Milk Alternative	January 10 Vegan Bread -Fruit -Milk Alternative	January 11 Kix Cereal -Fruit -Milk Alternative
January 14 Cheerios -Fruit -Milk Alternative	January 15 ½ Bagel w/Fruit Spread -Fruit -Milk Alternative	January 16 Kix Cereal -Fruit -Milk Alternative	January 17 Vegan Bread -Fruit -Milk Alternative	January 18 Corn Flakes Fruit Milk Alternative
January 21 Kix Fruit Milk Alternative	January 22 ½ English Muffin Sunbutter -Fruit -Milk Alternative	January 23 Cheerios -Fruit -Milk Alternative	January 24 Vegan Bread -Fruit -Milk Alternative	January 25 Kix Cereal -Fruit -Milk Alternative
January 28 Rice Krispy Cereal -Fruit -Milk Alternative	January 29 ½ Bagel w/Fruit Spread -Fruit -Milk Alternative	January 30 Kix Cereal -Fruit -Milk Alternative	January 31 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