



All Ages Wheat & Soy 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

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
	January 1	January 2 Kix Cereal -Fruit -Milk	January 3 Cheerios -Fruit -Milk	January 4 Yogurt -Fruit -Milk
January 7 Cheerios -Fruit -Milk	January 8 Yogurt -Fruit -Milk	January 9 Rice Chex -Fruit -Milk	January 10 Corn Chex -Fruit -Milk	January 11 Kix Cereal -Fruit -Milk
January 14 Cheerios - Fruit -Milk	January 15 Corn Chex - Fruit -Milk	January 16 Kix Cereal - Fruit -Milk	January 17 Cheerios -Fruit -Milk	January 18 Yogurt -Fruit -Milk
January 21 Kix Fruit Milk	January 22 Yogurt -Fruit -Milk	January 23 Rice Chex -Fruit -Milk	January 24 Corn Chex -Fruit -Milk	January 25 Kix Cereal -Fruit -Milk
January 28 Rice Krispy Cereal - Fruit -Milk	January 29 Corn Chex - Fruit -Milk	January 30 Kix Cereal - Fruit -Milk	January 31 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