



## All Ages Breakfast Menu March 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
				<b>March 1</b> <b>Corn Flakes</b> -Fruit -Milk
<b>March 4</b> <b>Cheerios</b> -Fruit -Milk	<b>March 5</b> <b>Yogurt</b> -Fruit -Milk	<b>March 6</b> <b>Hard Boiled Egg</b> -Wheat Bread - Fruit -Milk	<b>March 7</b> <b>WG Blueberry Muffin</b> -Fruit -Milk	<b>March 8</b> <b>Rice Krispy Cereal</b> -Fruit -Milk
<b>March 11</b> <b>Corn Flakes</b> - Fruit -Milk	<b>March 12</b> <b>WG Pancake w/Fruit Spread</b> - Fruit -Milk	<b>March 13</b> <b>Cinnamon Raisin Bagel w/ Cream Cheese</b> - Fruit -Milk	<b>March 14</b> <b>WG Banana Muffin</b> -Fruit -Milk	<b>March 15</b> <b>Cheerios</b> Fruit Milk
<b>March 18</b> <b>Rice Krispy</b> Fruit Milk	<b>March 19</b> <b>Yogurt</b> -Fruit -Milk	<b>March 20</b> <b>Corn Flakes</b> -Fruit -Milk	<b>March 21</b> <b>WG Apple Cinnamon Muffin</b> -Fruit -Milk	<b>March 22</b> <b>Hard Boiled Egg</b> -Wheat Bread - Fruit -Milk
<b>March 25</b> <b>Cheerios</b> - Fruit -Milk	<b>March 26</b> <b>WG Pancake w/Fruit Spread</b> - Fruit -Milk	<b>March 27</b> <b>WG Bagel w/ Butter</b> - Fruit -Milk	<b>March 28</b> <b>WG Cranberry Orange Muffin</b> -Fruit -Milk	<b>March 29</b> <b>Rice Krispy</b> -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\*\*