



All Ages Breakfast Menu April 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
April 1 Corn Flakes -Fruit -Milk	April 2 Cheerios -Fruit -Milk	April 3 Yogurt -Fruit -Milk	April 4 Hard Boiled Egg -1/2 Wheat Bread - Fruit -Milk	April 5 WG Blueberry Muffin -Fruit -Milk
April 8 Rice Crispy Cereal -Fruit -Milk	April 9 Corn Flakes - Fruit -Milk	April 10 WG Pancake w/Fruit Spread - Fruit -Milk	April 11 WG Banana Muffin -Fruit -Milk	April 12 Cinnamon Raisin Bagel w/ Cream Cheese - Fruit -Milk
April 15 Cheerios Fruit Milk	April 16 Rice Krispy Cereal Fruit Milk	April 17 Yogurt -Fruit -Milk	April 18 WG Apple Cinnamon Muffin -Fruit -Milk	April 19 Corn Flakes -Fruit -Milk
April 22 Rice Krispy Cereal - Fruit -Milk	April 23 Cheerios - Fruit -Milk	April 24 WG Pancake w/Fruit Spread - Fruit -Milk	April 25 WG Cranberry Orange Muffin -Fruit -Milk	April 26 WG Bagel w/ Butter - Fruit -Milk
April 29 Rice Krispy -Fruit -Milk	April 30 Hard Boiled Egg -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