



## All Ages Breakfast Menu June 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>June 3</b> <b>Honey Graham Squares</b> Fruit Milk	<b>June 4</b> <b>Honey Wheat Bagel w/            Cream Cheese</b> Fruit Milk	<b>June 5</b> <b>Yogurt</b> -Fruit -Milk	<b>June 6</b> <b>Banana Muffin</b> -Fruit -Milk	<b>June 7</b> <b>Cheerios</b> -Fruit -Milk
<b>June 10</b> <b>Life Cereal</b> -Fruit -Milk	<b>June 11</b> <b>½ English Muffin</b> -Fruit Spread - Fruit -Milk	<b>June 12</b> <b>Hard Boiled Egg</b> -Fruit -Milk	<b>June 13</b> <b>Apple Cinnamon Muffin</b> -Fruit -Milk	<b>June 14</b> <b>Corn Flakes</b> - Fruit -Milk
<b>June 17</b> <b>Rice Krispy Cereal</b> - Fruit -Milk	<b>June 18</b> <b>Cinnamon Raisin Bagel w/            Cream Cheese</b> -Fruit -Milk	<b>June 19</b> <b>Yogurt</b> - Fruit -Milk	<b>June 20</b> <b>Blueberry Muffin</b> Fruit Milk	<b>June 21</b> <b>Honey Graham Squares</b> Fruit Milk
<b>June 24</b> <b>Cheerios</b> -Fruit -Milk	<b>June 25</b> <b>WG Plain Bagel w/ Cream            Cheese</b> -Fruit -Milk	<b>June 26</b> <b>Hard Boiled Egg</b> -Fruit -Milk	<b>June 27</b> <b>Corn Muffin</b> - Fruit -Milk	<b>June 28</b> <b>Life Cereal</b> - Fruit -Milk
<b>July 1</b> <b>Corn Flakes</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\*\*