



All Ages Breakfast Menu August 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
			August 1 Honey Graham Squares -Fruit -Milk	August 2 Honey Wheat Bagel w/Cream Cheese -Fruit -Milk
August 5 Yogurt -Fruit -Milk	August 6 Banana Muffin -Fruit -Milk	August 7 Cheerios -Fruit -Milk	August 8 Life Cereal -Fruit -Milk	August 9 ½ English Muffin -Fruit -Milk
August 12 Hard Boiled Egg -Fruit -Milk	August 13 Apple Cinnamon Muffin -Fruit -Milk	August 14 Corn Flakes -Fruit -Milk	August 15 Rice Krispy Cereal -Fruit -Milk	August 16 Cinnamon Raisin Bagel w/Cream Cheese -Fruit -Milk
August 19 Yogurt -Fruit -Milk	August 20 Blueberry Muffin -Fruit -Milk	August 21 Honey Graham Squares -Fruit -Milk	August 22 Cheerios -Fruit -Milk	August 23 WG Plain Bagel w/Cream Cheese -Fruit -Milk
August 26 Hard Boiled Egg -Fruit -Milk	August 27 Corn Muffin -Fruit -Milk	August 28 Life Cereal -Fruit -Milk	August 29 Corn Flakes -Fruit -Milk	August 30 Honey Graham Squares -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****