



## Breakfast Menu

September 2020

This institution is an equal opportunity provider.

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>September 1</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>September 2</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>September 3</b> <b>Banana Bread</b> Fruit Milk	<b>September 4</b> <b>Cheerios</b> Fruit Milk
<b>September 7</b> <b>LABOR DAY</b>	<b>September 8</b> <b>Rice Krispies</b> Fruit Milk	<b>September 9</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>September 10</b> <b>Blueberry Muffin</b> Fruit Milk	<b>September 11</b> <b>Raisin Bran</b> Fruit Milk
<b>September 14</b> <b>Corn Flakes</b> Fruit Milk	<b>September 15</b> <b>Cinnamon Raisin Bagel w/ Cream Cheese</b> Fruit Milk	<b>September 16</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>September 17</b> <b>Zucchini Bread</b> Fruit Milk	<b>September 18</b> <b>Kix Cereal</b> Fruit Milk
<b>September 21</b> <b>Cheerios</b> Fruit Milk	<b>September 22</b> <b>WG Bagel w/Cream cheese</b> Fruit milk	<b>September 23</b> <b>Yogurt w/granola</b> Fruit Milk	<b>September 24</b> <b>Pumpkin Bread</b> Fruit Milk	<b>September 25</b> <b>Rice Krispies</b> Fruit Milk
<b>September 28</b> <b>Raisin Bran</b> Fruit Milk	<b>September 29</b> <b>Cinnamon Raisin Bagel w/ Cream Cheese</b> Fruit Milk	<b>September 30</b> <b>Yogurt w/granola</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\*\***