



Breakfast Menu

October 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
			October 1 Apple Cinnamon Muffin Fruit Milk	October 2 Cheerios Fruit Milk
October 5 Rice Krispies Fruit Milk	October 6 WG Bagel w/ Cream Cheese Fruit Milk	October 7 Yogurt w/ Granola Fruit Milk	October 8 Banana Bread Fruit Milk	October 9 Raisin Bran Fruit Milk
October 12 Corn Flakes Fruit Milk	October 13 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	October 14 Yogurt w/ Granola Fruit Milk	October 15 Zucchini Bread Fruit Milk	October 16 Kix Cereal Fruit Milk
October 19 Cheerios Fruit Milk	October 20 WG Bagel w/Cream cheese Fruit milk	October 21 Yogurt w/granola Fruit Milk	October 22 Pumpkin Bread Fruit Milk	October 23 Rice Krispies Fruit Milk
October 26 Raisin Bran Fruit Milk	October 27 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	October 28 Yogurt w/granola Fruit Milk	October 29 Apple Cinnamon Muffin Fruit Milk	October 30 Corn Flakes 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