



Breakfast Menu

December 2020

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24months Old – m/ma ½oz, fruit ¼c, grain ½oz, 4oz Plain Whole Milk

24months – 36months Old – 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
December 2 Rice Krispies Fruit Milk	December 1 Corn Flakes Fruit Milk	December 2 Yogurt w/ Granola Fruit Milk	December 3 Banana Bread Fruit Milk	December 4 Cheerios Fruit Milk
December 7 Kix Fruit Milk	December 8 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	December 9 Yogurt w/ Granola Fruit Milk	December 10 Zucchini Bread Fruit Milk	December 11 Corn Flakes Fruit Milk
December 14 Rice Krispies Fruit Milk	December 15 WG Bagel w/Cream cheese Fruit milk	December 16 Yogurt w/ Granola Fruit Milk	December 17 Pumpkin Bread Fruit Milk	December 18 Cheerios Fruit Milk
December 21 Kix Fruit Milk	December 22 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	December 23 Yogurt w/granola Fruit Milk	December 24 Bluberry Muffin Fruit Milk	December 25
December 28 Corn Flakes Fruit Milk	December 29 WG Bagel w/Cream cheese Fruit milk	December 30 Rice Krispies Fruit Milk	December 31 Apple Cinnamon Muffin 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