



## Breakfast Menu

November 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 ¾ oz, fruit ½ c, grain ¾ 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>November 2</b> <b>Rice Krispies</b> Fruit Milk	<b>November 3</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>November 4</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>November 5</b> <b>Banana Bread</b> Fruit Milk	<b>November 6</b> <b>Cheerios</b> Fruit Milk
<b>November 9</b> <b>Kix</b> Fruit Milk	<b>November 10</b> <b>Cinnamon Raisin Bagel w/ Cream Cheese</b> Fruit Milk	<b>November 11</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>November 12</b> <b>Zucchini Bread</b> Fruit Milk	<b>November 13</b> <b>Corn Flakes</b> Fruit Milk
<b>November 16</b> <b>Rice Krispies</b> Fruit Milk	<b>November 17</b> <b>WG Bagel w/Cream cheese</b> Fruit milk	<b>November 18</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>November 19</b> <b>Pumpkin Bread</b> Fruit Milk	<b>November 20</b> <b>Cheerios</b> Fruit Milk
<b>November 23</b> <b>Kix</b> Fruit Milk	<b>November 24</b> <b>Cinnamon Raisin Bagel w/ Cream Cheese</b> Fruit Milk	<b>November 25</b> <b>Yogurt w/granola</b> Fruit Milk	<b>November 26</b>	<b>November 27</b> <b>Corn Flakes</b> Fruit Milk
<b>November 30</b> <b>Rice Krispies</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\*\*