



Breakfast Menu

JANUARY 2021

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
				January 1
January 4 Cheerios Fruit Milk	January 5 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	January 6 Yogurt w/ Granola Fruit Milk	January 7 Banana Bread Fruit Milk	January 8 Corn Flakes Fruit Milk
January 11 Rice Krispies Fruit Milk	January 12 WG Bagel w/Cream cheese Fruit milk	January 13 Yogurt w/ Granola Fruit Milk	January 14 Zucchini Bread Fruit Milk	January 15 Kix Fruit Milk
January 18 Cheerios Fruit Milk	January 19 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	January 20 Yogurt w/granola Fruit Milk	January 21 Pumpkin Bread Fruit Milk	January 22 Corn Flakes Fruit Milk
January 25 Rice Krispies Fruit Milk	January 26 WG Bagel w/Cream cheese Fruit milk	January 27 Yogurt w/granola Fruit Milk	January 28 Blueberry Muffin Fruit Milk	January 29 Kix 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****