



Breakfast Menu

February 2021

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 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
February 1 Cheerios Fruit Milk	February 2 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	February 3 Yogurt w/ Granola Fruit Milk	February 4 Banana Bread Fruit Milk	February 5 Corn Flakes Fruit Milk
February 8 Rice Krispies Fruit Milk	February 9 English Muffin w/ Fruit Spread Fruit milk	February 10 Yogurt w/ Granola Fruit Milk	February 11 Zucchini Bread Fruit Milk	February 12 Kix Fruit Milk
February 15 Cheerios Fruit Milk	February 16 Cinnamon Raisin Bagel w/ Cream Cheese Fruit Milk	February 17 Yogurt w/granola Fruit Milk	February 18 Blueberry Muffin Fruit Milk	February 19 Corn Flakes Fruit Milk
February 22 Rice Krispies Fruit Milk	February 23 English Muffin w/ Fruit Spread Fruit milk	February 24 Yogurt w/granola Fruit Milk	February 25 Pumpkin Bread Fruit Milk	February 26 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