



## Dairy & Egg Free Breakfast Menu

April 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 Alternative

24months – 36months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk Alternative

3-5 Year Olds – m/ma ½ oz, fruit ½ c, grain ½ oz, 6oz Plain 1% Milk Alternative

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk Alternative

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
|   |   |  | <b>April 1</b><br><b>Rice Chex</b><br>Fruit<br>Milk Alternative  | <b>April 2</b><br><b>WG Corn Flakes</b><br>Fruit<br>Milk Alternative  |
| <b>April 5</b><br><b>WG Rice Krispies</b><br>Fruit<br>Milk Alternative  | <b>April 6</b><br><b>WG English Muffin w/ Fruit Spread</b><br>Fruit<br>Milk Alternative         | <b>April 7</b><br><b>Corn Chex</b><br>Fruit<br>Milk Alternative  | <b>April 8</b><br><b>Rice Chex</b><br>Fruit<br>Milk Alternative  | <b>April 9</b><br><b>WG Kix</b><br>Fruit<br>Milk Alternative          |
| <b>April 12</b><br><b>WG Cheerios</b><br>Fruit<br>Milk Alternative      | <b>April 13</b><br><b>WG Cinnamon Raisin Bagel w/ Cream Cheese</b><br>Fruit<br>Milk Alternative | <b>April 14</b><br><b>Corn Chex</b><br>Fruit<br>Milk Alternative | <b>April 15</b><br><b>Rice Chex</b><br>Fruit<br>Milk Alternative | <b>April 16</b><br><b>WG Corn Flakes</b><br>Fruit<br>Milk Alternative |
| <b>April 19</b><br><b>WG Rice Krispies</b><br>Fruit<br>Milk Alternative | <b>April 20</b><br><b>WG English Muffin w/ Fruit Spread</b><br>Fruit<br>Milk Alternative        | <b>April 21</b><br><b>Corn Chex</b><br>Fruit<br>Milk Alternative | <b>April 22</b><br><b>Rice Chex</b><br>Fruit<br>Milk Alternative | <b>April 23</b><br><b>WG Kix</b><br>Fruit<br>Milk Alternative         |
| <b>April 26</b><br><b>WG Cheerios</b><br>Fruit<br>Milk Alternative      | <b>April 27</b><br><b>WG Cinnamon Raisin Bagel w/ Cream Cheese</b><br>Fruit<br>Milk Alternative | <b>April 28</b><br><b>Corn Chex</b><br>Fruit<br>Milk Alternative | <b>April 29</b><br><b>Rice Chex</b><br>Fruit<br>Milk Alternative | <b>April 30</b><br><b>Corn Flakes</b><br>Fruit<br>Milk Alternative    |

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\*\***