



Wheat & Soy Free Breakfast Menu

April 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
			April 1 Rice Chex Fruit Milk	April 2 WG Cheerios Fruit Milk
April 5 Kix Fruit Milk	April 6 WG Cheerios Fruit Milk	April 7 Corn Chex Fruit Milk	April 8 Rice Chex Fruit Milk	April 9 WG Kix Fruit Milk
April 12 WG Cheerios Fruit Milk	April 13 Kix Fruit Milk	April 14 Corn Chex Fruit Milk	April 15 Rice Chex Fruit Milk	April 16 WG Cheerios Fruit Milk
April 19 Kix Fruit Milk	April 20 WG Cheerios Fruit Milk	April 21 Corn Chex Fruit Milk	April 22 Rice Chex Fruit Milk	April 23 WG Kix Fruit Milk
April 26 WG Cheerios Fruit Milk	April 27 Kix Fruit Milk	April 28 Corn Chex Fruit Milk	April 29 Rice Chex Fruit Milk	April 30 WG Cheerios 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