



Breakfast Menu

MAY 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
	June 1 WG Cheerios Fruit Milk	June 2 Yogurt w/ WG granola Fruit Milk	June 3 WG Pumpkin Bread Fruit Milk	June 4 Corn Flakes Fruit Milk
June 7 WG Rice Krispies Fruit Milk	June 8 WG English Muffin w/ Fruit Spread Fruit milk	June 9 Yogurt w/ WG Granola Fruit Milk	June 10 WG Blueberry Muffin Fruit Milk	June 11 WG Kix Fruit Milk
June 14 WG Cheerios Fruit Milk	June 15 WG Bagel w/ Cream Cheese Fruit Milk	June 16 Yogurt w/ WG granola Fruit Milk	June 17 WG Banana Bread Fruit Milk	June 18 WG Corn Flakes Fruit Milk
June 21 WG Rice Krispies Fruit Milk	June 22 WG English Muffin w/ Fruit Spread Fruit Milk	June 23 Yogurt w/ WG granola Fruit Milk	June 24 WG Apple Cinnamon Muffin Fruit Milk	June 25 WG Kix Fruit Milk
June 28 WG Cheerios Fruit Milk	June 29 WG Bagel w/ Cream Cheese Fruit Milk	June 30 Yogurt w/ WG granola 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****