



## Breakfast Menu

### December 2021

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

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
<b>November 29</b> <b>WG Cheerios</b> Fruit Milk	<b>November 30</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>December 1</b> <b>Yogurt w/ WG granola</b> Fruit Milk	<b>December 2</b> <b>WG Pumpkin Bread</b> Fruit Milk	<b>December 3</b> <b>WG Corn Flakes</b> Fruit Milk
<b>December 6</b> <b>WG Rice Krispies</b> Fruit Milk	<b>December 7</b> <b>WG English Muffin w/ Fruit Spread</b> Fruit Milk	<b>December 8</b> <b>Yogurt w/ WG granola</b> Fruit Milk	<b>December 9</b> <b>WG Apple Cinnamon Muffin</b> Fruit Milk	<b>December 10</b> <b>WG Kix</b> Fruit Milk
<b>December 13</b> <b>WG Cheerios</b> Fruit Milk	<b>December 14</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>December 15</b> <b>Yogurt w/ WG granola</b> Fruit Milk	<b>December 16</b> <b>WG Zucchini Bread</b> Fruit Milk	<b>December 17</b> <b>WG Corn Flakes</b> Fruit Milk
<b>December 20</b> <b>WG Cheerios</b> Fruit Milk	<b>December 21</b> <b>WG Rice Krispies</b> Fruit Milk	<b>December 22</b> <b>Yogurt w/ WG Granola</b> Fruit Milk	<b>December 23</b> <b>WG Blueberry Muffin</b> Fruit Milk	<b>December 24</b> <b>WG Kix</b> Fruit Milk
<b>December 27</b> <b>WG Cheerios</b> Fruit Milk	<b>December 28</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>December 29</b> <b>Yogurt w/ WG granola</b> Fruit Milk	<b>December 30</b> <b>WG Banana Bread</b> Fruit Milk	<b>December 31</b> <b>WG Corn Flakes</b> 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\*\*