



Breakfast Menu

January 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
<p>January 3</p> <p>WG Cheerios Fruit Milk</p>	<p>January 4</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>January 5</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 6</p> <p>WG Banana Bread Fruit Milk</p>	<p>January 7</p> <p>WG Kix Fruit Milk</p>
<p>January 10</p> <p>WG Rice Krispies Fruit Milk</p>	<p>January 11</p> <p>WG English Muffin w/ Fruit Spread Fruit Milk</p>	<p>January 12</p> <p>Yogurt w/ WG Granola Fruit Milk</p>	<p>January 13</p> <p>WG Blueberry Muffin Fruit Milk</p>	<p>January 14</p> <p>WG Corn Flakes Fruit Milk</p>
<p>January 17</p> <p>WG Cheerios Fruit Milk</p>	<p>January 18</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>January 19</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 20</p> <p>WG Zucchini Bread Fruit Milk</p>	<p>January 21</p> <p>WG Kix Fruit Milk</p>
<p>January 24</p> <p>WG Rice Krispies Fruit Milk</p>	<p>January 25</p> <p>WG English Muffin w/ Fruit Spread Fruit Milk</p>	<p>January 26</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 27</p> <p>Apple Cinnamon Muffin Fruit Milk</p>	<p>January 28</p> <p>WG Corn Flakes Fruit Milk</p>
<p>January 31</p> <p>WG Cheerios Fruit Milk</p>	<p>January 28</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>January 29</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 30</p> <p>WG Pumpkin Bread Fruit Milk</p>	<p>January 31</p> <p>WG Kix Fruit Milk</p>

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