



Breakfast Menu

February 2022

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
January 31 WG Cheerios Fruit Milk	February 1 WG Bagel w/ Cream Cheese Fruit Milk	February 2 Yogurt w/ WG granola Fruit Milk	February 3 WG Pumpkin Bread Fruit Milk	February 4 WG Kix Fruit Milk
February 7 WG Rice Krispies Fruit Milk	February 8 WG English Muffin w/ Fruit Spread Fruit Milk	February 9 Yogurt w/ WG Granola Fruit Milk	February 10 WG Blueberry Muffin Fruit Milk	February 11 WG Corn Flakes Fruit Milk
February 14 WG Cheerios Fruit Milk	February 15 WG Bagel w/ Cream Cheese Fruit Milk	February 16 Yogurt w/ WG granola Fruit Milk	February 17 WG Banana Bread Fruit Milk	February 18 WG Kix Fruit Milk
February 21 WG Rice Krispies Fruit Milk	February 22 WG Corn Flakes Fruit Milk	February 23 Yogurt w/ WG granola Fruit Milk	February 24 Apple Cinnamon Muffin Fruit Milk	February 25 WG Cheerios Fruit Milk
February 28 WG Kix 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****