



## Breakfast Menu

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