



Breakfast Menu

August 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
<p>August 1 WG Kix Fruit Milk</p>	<p>August 2 Yogurt w/ WG granola Fruit Milk</p>	<p>August 3 WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>August 4 WG Rice Krispies Fruit Milk</p>	<p>August 5 WG Banana Muffin Fruit Milk</p>
<p>August 8 WG Corn Flakes Fruit Milk</p>	<p>August 9 Yogurt w/ WG granola Fruit Milk</p>	<p>August 10 WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>August 11 WG Cheerios Fruit Milk</p>	<p>August 12 WG Blueberry Muffin Fruit Milk</p>
<p>August 15 WG Kix Fruit Milk</p>	<p>August 16 Yogurt w/ WG granola Fruit Milk</p>	<p>August 17 WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>August 18 WG Rice Krispies Fruit Milk</p>	<p>August 19 WG English Muffin w/ Fruit Spread Fruit Milk</p>
<p>August 22 WG Corn Flakes Fruit Milk</p>	<p>August 23 Yogurt w/ WG granola Fruit Milk</p>	<p>August 24 WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>August 25 WG Cheerios Fruit Milk</p>	<p>August 26 WG Apple Cinnamon Muffin Fruit Milk</p>
<p>August 29 WG Kix Fruit Milk</p>	<p>August 30 Yogurt w/ WG granola Fruit Milk</p>	<p>August 31 WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>September 1 WG Rice Krispies Fruit Milk</p>	<p>September 2 WG Corn Muffin 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****