



Breakfast Menu

October 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
October 3 WG Kix Milk	October 4 Yogurt w/ Granola Fruit Milk	October 5 WG French Toast Fruit Milk	October 6 WG Rice Krispies Fruit Milk	October 7 WG Corn Muffin Fruit Milk
October 10 WG Corn Flakes Fruit Milk	October 11 Yogurt w/ Granola Fruit Milk	October 12 WG Bagel w/ Cream Cheese Fruit Milk	October 13 WG Cheerios Fruit Milk	October 14 WG Blueberry Muffin Fruit Milk
October 17 WG Kix Fruit Milk	October 18 Yogurt w/ Granola Fruit Milk	October 19 WG Pancakes Fruit Milk	October 20 WG Rice Krispies Fruit Milk	October 21 WG Banana Muffin Fruit Milk
October 24 WG Corn Flakes Fruit Milk	October 25 Yogurt w/ Granola Fruit Milk	October 26 WG Bagel w/ Cream Cheese Fruit Milk	October 27 WG Cheerios Fruit Milk	October 28 WG Apple Cinnamon Muffin Fruit Milk
October 31 WG Kix Fruit Milk	November 1 Yogurt w/ Granola Fruit Milk	November 2 WG Waffles Fruit Milk	November 3 WG Rice Krispies Fruit Milk	November 4 WG Orange Muffin 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****