



Breakfast Menu

December 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
November 28 Corn Flakes Fruit Milk	November 29 Yogurt Fruit Milk	November 30 WG Waffle Fruit Milk	December 1 WG Rice Krispies Fruit Milk	December 2 WG Apple Cinnamon Muffin Fruit Milk
December 5 WG Cheerios Fruit Milk	December 6 Yogurt Fruit Milk	December 7 WG Bagel w/ Cream Cheese Fruit Milk	December 8 Corn Flakes Fruit Milk	December 9 WG Orange Muffin Fruit Milk
December 12 WG Rice Krispies Milk	December 13 Yogurt Fruit Milk	December 14 WG Pancake Fruit Milk	December 15 WG Cheerios Fruit Milk	December 16 WG Corn Muffin Fruit Milk
December 19 Corn Flakes Fruit Milk	December 20 Yogurt Fruit Milk	December 21 WG Bagel w/ Cream Cheese Fruit Milk	December 22 WG Rice Krispies Fruit Milk	December 23 WG Blueberry Muffin Fruit Milk
December 26 WG Cheerios Fruit Milk	December 27 Yogurt Fruit Milk	December 28 WG Waffle Fruit Milk	December 29 Corn Flakes Fruit Milk	December 30 WG Banana 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****