



## Breakfast Menu

January 2023

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 2	January 3	January 4	January 5	January 6
	Corn Flakes Fruit Milk	WG Bagel w/ Cream Cheese Fruit Milk	WG Rice Krispies Fruit Milk	WG Apple Cinnamon Muffin Fruit Milk
January 9	January 10	January 11	January 12	January 13
WG Cheerios Fruit Milk	Yogurt Fruit Milk	WG Bagel w/ Cream Cheese Fruit Milk	Corn Flakes Fruit Milk	WG Orange Muffin Fruit Milk
January 16	January 17	January 18	January 19	January 20
WG Rice Krispies Milk	Yogurt Fruit Milk	WG Bagel w/ Cream Cheese Fruit Milk	WG Cheerios Fruit Milk	WG Corn Muffin Fruit Milk
January 23	January 24	January 25	January 26	January 27
Corn Flakes Fruit Milk	Yogurt Fruit Milk	WG Bagel w/ Cream Cheese Fruit Milk	WG Rice Krispies Fruit Milk	WG Blueberry Muffin Fruit Milk
January 30	January 31	February 1	February 2	February 3
WG Cheerios Fruit Milk	Yogurt Fruit Milk	WG Bagel w/ Cream Cheese Fruit Milk	Corn Flakes Fruit Milk	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\*\*