



Breakfast Menu

February 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 30 WG Cheerios Fruit Milk	January 31 Yogurt Fruit Milk	February 1 WG Pancake Fruit Milk	February 2 Corn Flakes Fruit Milk	February 3 WG Banana Muffin Fruit Milk
February 6 WG Rice Krispies Fruit Milk	February 7 Yogurt Fruit Milk	February 8 WG Bagel w/Cream Cheese Fruit Milk	February 9 WG Cheerios Fruit Milk	February 10 WG Apple Cinnamon Muffin Fruit Milk
February 13 Corn Flakes Fruit Milk	February 14 Yogurt Fruit Milk	February 15 WG Waffle Fruit Milk	February 16 WG Rice Krispies Fruit Milk	February 17 WG Orange Muffin Fruit Milk
February 20 WG Cheerios Fruit Milk	February 21 Yogurt Fruit Milk	February 22 WG Bagel w/Cream Cheese Fruit Milk	February 23 Corn Flakes Fruit Milk	February 24 WG Corn Muffin Fruit Milk
February 27 WG Rice Krispies Fruit Milk	February 28 Yogurt Fruit Milk	March 1 WG French Toast Fruit Milk	March 2 WG Cheerios Fruit Milk	March 3 WG Blueberry 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