



## Breakfast Menu – Hot Options

March 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
February 27 <b>WG Rice Krispies</b> Fruit Milk	February 28 <b>Yogurt</b> Fruit Milk	March 1 <b>WG French Toast</b> Fruit Milk	March 2 <b>WG Cheerios</b> Fruit Milk	March 3 <b>WG Blueberry Muffin</b> Fruit Milk
March 6 <b>Corn Flakes</b> Fruit Milk	March 7 <b>Yogurt</b> Fruit Milk	March 8 <b>WG Bagel w/Cream Cheese</b> Fruit Milk	March 9 <b>WG Rice Krispies</b> Fruit Milk	March 10 <b>WG Banana Muffin</b> Fruit Milk
March 13 <b>WG Cheerios</b> Fruit Milk	March 14 <b>Yogurt</b> Fruit Milk	March 15 <b>WG Pancake</b> Fruit Milk	March 16 <b>Corn Flakes</b> Fruit Milk	March 17 <b>WG Apple Cinnamon Muffin</b> Fruit Milk
March 20 <b>WG Rice Krispies</b> Fruit Milk	March 21 <b>Yogurt</b> Fruit Milk	March 22 <b>WG Bagel w/Cream Cheese</b> Fruit Milk	March 23 <b>WG Cheerios</b> Fruit Milk	March 24 <b>WG Orange Muffin</b> Fruit Milk
March 27 <b>Corn Flakes</b> <b>Fruit</b> Milk	March 28 <b>Yogurt</b> Fruit Milk	March 29 <b>WG Waffle</b> Fruit Milk	March 30 <b>WG Rice Krispies</b> Fruit Milk	March 31 <b>WG Corn Muffin</b> 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\*\*