



## Breakfast Menu – Main – Hot Option

**September 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
<b>August 28</b> <b>WG Cheerios</b> Fruit Milk	<b>August 29</b> <b>Yogurt</b> Fruit Milk	<b>August 30</b> <b>WG French Toast Slice</b> Fruit Milk	<b>August 31</b> <b>Corn Flakes</b> Fruit Milk	<b>September 1</b> <b>WG Corn Muffin</b> Fruit Milk
<b>September 4</b> <b>LABOR DAY</b>	<b>September 5</b> <b>WG Rice Krispies</b> Fruit Milk	<b>September 6</b> <b>Yogurt</b> Fruit Milk	<b>September 7</b> <b>WG Cheerios</b> Fruit Milk	<b>September 8</b> <b>WG Orange Muffin</b> Fruit Milk
<b>September 11</b> <b>Corn Flakes</b> Fruit Milk	<b>September 12</b> <b>Yogurt</b> Fruit Milk	<b>September 13</b> <b>WG Pancake</b> Fruit Milk	<b>September 14</b> <b>WG Rice Krispies</b> Fruit Milk	<b>September 15</b> <b>WG Apple Cinnamon Muffin</b> Fruit Milk
<b>September 18</b> <b>WG Cheerios</b> Fruit Milk	<b>September 19</b> <b>Yogurt</b> Fruit Milk	<b>September 20</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>September 21</b> <b>Corn Flakes</b> Fruit Milk	<b>September 22</b> <b>WG Banana Muffin</b> Fruit Milk
<b>September 25</b> <b>WG Rice Krispies</b> Fruit Milk	<b>September 26</b> <b>Yogurt</b> Fruit Milk	<b>September 27</b> <b>WG Waffle</b> Fruit Milk	<b>September 28</b> <b>WG Cheerios</b> Fruit Milk	<b>September 29</b> <b>WG Blueberry Muffin</b> Fruit Milk

WG = Whole Grain

Fruit options vary when in season, viable 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\*\***