



Breakfast Menu – Main – Hot Option

November 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
October 30 WG Cheerios Fruit Milk	October 31 Yogurt Fruit Milk	November 1 WG Blueberry Muffin Fruit Milk	November 2 Corn Flakes Fruit Milk	November 3 WG Bagel w/Cream Cheese Fruit Milk
November 6 Trix Fruit Milk	November 7 Yogurt Fruit Milk	November 8 WG Orange Muffin Fruit Milk	November 9 WG Rice Krispies Fruit Milk	November 10 WG Waffle Fruit Milk
November 13 Strawberry Shredded Wheat Fruit Milk	November 14 Yogurt Fruit Milk	November 15 WG Apple Cinnamon Muffin Fruit Milk	November 16 WG Cheerios Fruit Milk	November 17 WG Bagel w/Cream Cheese Fruit Milk
November 20 Corn Flakes Fruit Milk	November 21 Yogurt Fruit Milk	November 22 WG Banana Muffin Fruit Milk	November 23 Happy Thanksgiving!	November 24 WG French Toast Slice Fruit Milk
November 27 Trix Fruit Milk	November 28 Yogurt Fruit Milk	November 29 WG Corn Muffin Fruit Milk	November 30 WG Rice Krispies Fruit Milk	December 1 WG Bagel w/Cream Cheese 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