



Breakfast Menu – Dairy & Egg Free

January 2024

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain Whole Milk Alternative

24months – 36months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk Alternative

3-5 Year Olds – m/ma ½ oz, fruit ½ c, grain ½ oz, 6oz Plain 1% Milk Alternative

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
January 1 HAPPY NEW YEAR!	January 2 WG Rice Krispies Fruit Milk Alternative	January 3 Cheerio Bowl Pack Fruit Milk Alternative	January 4 WG Trix Fruit Milk Alternative	January 5 WG Bagel w/Fruit Spread Fruit Milk Alternative
January 8 WG Cheerios Fruit Milk Alternative	January 9 Rice Chex Fruit Milk Alternative	January 10 Cheerio Bowl Pack Fruit Milk Alternative	January 11 WG Corn Flakes Fruit Milk Alternative	January 12 WG Bagel w/Fruit Spread Fruit Milk Alternative
January 15 WG Rice Krispies Fruit Milk Alternative	January 16 Rice Chex Fruit Milk Alternative	January 17 Cheerio Bowl Pack Fruit Milk Alternative	January 18 Corn Chex Fruit Milk Alternative	January 19 WG Bagel w/Fruit Spread Fruit Milk Alternative
January 22 WG Cheerios Fruit Milk Alternative	January 23 Rice Chex Fruit Milk Alternative	January 24 Cheerio Bowl Pack Fruit Milk Alternative	January 25 WG Corn Flakes Fruit Milk Alternative	January 26 WG Bagel w/Fruit Spread Fruit Milk Alternative
January 29 WG Rice Krispies Fruit Milk Alternative	January 30 Rice Chex Fruit Milk Alternative	January 31 Cheerio Bowl Pack Fruit Milk Alternative	February 1 WG Trix Fruit Milk Alternative	February 2 WG Bagel w/Fruit Spread Fruit Milk Alternative

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****