



## Breakfast Menu – Wheat & Soy 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 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 1 HAPPY NEW YEAR!	January 2 WG Cheerios Fruit Milk	January 3 Rice Chex Fruit Milk	January 4 Corn Chex Fruit Milk	January 5 WG Cheerios Fruit Milk
January 8 WG Cheerios Fruit Milk	January 9 Yogurt Fruit Milk	January 10 Rice Chex Fruit Milk	January 11 Corn Chex Fruit Milk	January 12 WG Cheerios Fruit Milk
January 15 WG Cheerios Fruit Milk	January 16 Yogurt Fruit Milk	January 17 Rice Chex Fruit Milk	January 18 Corn Chex Fruit Milk	January 19 WG Cheerios Fruit Milk
January 22 WG Cheerios Fruit Milk	January 23 Yogurt Fruit Milk	January 24 Rice Chex Fruit Milk	January 25 Corn Chex Fruit Milk	January 26 WG Cheerios Fruit Milk
January 29 WG Cheerios Fruit Milk	January 30 Yogurt Fruit Milk	January 31 Rice Chex Fruit Milk	February 1 Corn Chex Fruit Milk	February 2 WG Cheerios 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\*\***