



## Breakfast Menu – Dairy & Egg Free

**February 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
<b>January 29</b> <b>Trix</b> Fruit Milk Alternative	<b>January 30</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>January 31</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 1</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 2</b> <b>WG Bagel w/Fruit Spread</b> Fruit Milk Alternative
<b>February 5</b> <b>WG Rice Krispies</b> Fruit Milk Alternative	<b>February 6</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>February 7</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 8</b> <b>Cinnamon Toast Crunch</b> Fruit Milk Alternative	<b>February 9</b> <b>WG Bagel w/Fruit Spread</b> Fruit Milk Alternative
<b>February 12</b> <b>Corn Flakes</b> Fruit Milk Alternative	<b>February 13</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>February 14</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 15</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 16</b> <b>WG Bagel w/Fruit Spread</b> Fruit Milk Alternative
<b>February 19</b> <b>Trix</b> Fruit Milk Alternative	<b>February 20</b> <b>Rice Chex</b> Fruit Milk Alternative <b>National Muffin Day!</b>	<b>February 21</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 22</b> <b>WG Rice Krispies</b> Fruit Milk Alternative	<b>February 23</b> <b>WG Bagel w/Fruit Spread</b> Fruit Milk Alternative
<b>February 26</b> <b>Cinnamon Toast Crunch</b> Fruit Milk Alternative	<b>February 27</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>February 28</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>February 29</b> <b>Corn Flakes</b> Fruit Milk Alternative	<b>March 1</b> <b>WG Bagel w/Fruit Spread</b> 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\*\***