



Breakfast Menu – Wheat & Soy 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 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 29 Rice Chex Fruit Milk	January 30 Yogurt Fruit Milk	January 31 Corn Chex Fruit Milk	February 1 WG Cheerios Fruit Milk	February 2 Corn Chex Fruit Milk
February 5 Rice Chex Fruit Milk	February 6 Yogurt Fruit Milk	February 7 Corn Chex Fruit Milk	February 8 WG Cheerios Fruit Milk	February 9 Corn Chex Fruit Milk
February 12 Rice Chex Fruit Milk	February 13 Yogurt Fruit Milk	February 14 Corn Chex Fruit Milk	February 15 WG Cheerios Fruit Milk	February 16 Corn Chex Fruit Milk
February 19 Rice Chex Fruit Milk	February 20 Yogurt Fruit Milk <i>National Muffin Day!</i>	February 21 Corn Chex Fruit Milk	February 22 WG Cheerios Fruit Milk	February 23 Corn Chex Fruit Milk
February 26 Rice Chex Fruit Milk	February 27 Yogurt Fruit Milk	February 28 Corn Chex Fruit Milk	February 29 WG Cheerios Fruit Milk	March 1 Corn Chex 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****