



## Breakfast Menu – Main – Hot Option

**January 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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>January 1</b> <b>HAPPY NEW YEAR!</b>	<b>January 2</b> <b>WG Rice Krispies</b> Fruit Milk	<b>January 3</b> <b>WG Corn Muffin</b> Fruit Milk	<b>January 4</b> <b>WG Trix</b> Fruit Milk	<b>January 5</b> <b>WG Pancake</b> Fruit Milk
<b>January 8</b> <b>WG Cheerios</b> Fruit Milk	<b>January 9</b> <b>Yogurt</b> Fruit Milk	<b>January 10</b> <b>WG Blueberry Muffin</b> Fruit Milk	<b>January 11</b> <b>Corn Flakes</b> Fruit Milk	<b>January 12</b> <b>WG Waffle</b> Fruit Milk
<b>January 15</b> <b>WG Rice Krispies</b> Fruit Milk	<b>January 16</b> <b>Yogurt</b> Fruit Milk	<b>January 17</b> <b>WG Apple Cinnamon Muffin</b> Fruit Milk	<b>January 18</b> <b>WG Strawberry Shredded Wheat</b> Fruit Milk	<b>January 19</b> <b>WG French Toast</b> Fruit Milk
<b>January 22</b> <b>WG Cheerios</b> Fruit Milk	<b>January 23</b> <b>Yogurt</b> Fruit Milk	<b>January 24</b> <b>WG Banana Muffin</b> Fruit Milk	<b>January 25</b> <b>WG Corn Flakes</b> Fruit Milk	<b>January 26</b> <b>Scrambled Eggs</b> Fruit Milk
<b>January 29</b> <b>WG Rice Krispies</b> Fruit Milk	<b>January 30</b> <b>Yogurt</b> Fruit Milk	<b>January 31</b> <b>WG Corn Muffin</b> Fruit Milk	<b>February 1</b> <b>WG Trix</b> Fruit Milk	<b>February 2</b> <b>WG Pancake</b> 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\*\***