



Breakfast Menu – Dairy & Egg Free

April 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 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
April 1 Cinnamon Toast Crunch Fruit Milk Alternative	April 2 Corn Chex Fruit Milk Alternative	April 3 WG Cheerios Fruit Milk Alternative	April 4 Corn Flakes Fruit Milk Alternative	April 5 WG Bagel w/Fruit Spread Fruit Milk Alternative
April 8 WG Rice Krispies Fruit Milk Alternative	April 9 Corn Chex Fruit Milk Alternative	April 10 WG Cheerios Fruit Milk Alternative	April 11 Trix Fruit Milk Alternative	April 12 WG Bagel w/Fruit Spread Fruit Milk Alternative
April 15 WG Cheerios Fruit Milk Alternative	April 16 Corn Chex Fruit Milk Alternative	April 17 WG Cheerios Fruit Milk Alternative	April 18 Cinnamon Toast Crunch Fruit Milk Alternative	April 19 WG Bagel w/Fruit Spread Fruit Milk Alternative
April 22 Corn Flakes Fruit Milk Alternative	April 23 Corn Chex Fruit Milk Alternative	April 24 WG Cheerios Fruit Milk Alternative	April 25 WG Rice Krispies Fruit Milk Alternative	April 26 WG Bagel w/Fruit Spread Fruit Milk Alternative
April 29 WG Cheerios Fruit Milk Alternative	April 30 Corn Chex Fruit Milk Alternative	May 1 WG Cheerios Fruit Milk Alternative	May 2 Cinnamon Toast Crunch Fruit Milk Alternative	May 3 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****