



Breakfast Menu - Main

March 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
February 26 Cinnamon Toast Crunch Fruit Milk	February 27 Yogurt Fruit Milk	February 28 WG Banana Muffin Fruit Milk	February 29 Corn Flakes Fruit Milk	March 1 WG Pancake Fruit Milk
March 4 WG Rice Krispies Fruit Milk	March 5 Yogurt Fruit Milk	March 6 WG Blueberry Muffin Fruit Milk	March 7 Trix Fruit Milk	March 8 WG Waffle Fruit Milk
March 11 WG Cheerios Fruit Milk	March 12 Yogurt Fruit Milk	March 13 WG Corn Muffin Fruit Milk	March 14 Cinnamon Toast Crunch Fruit Milk	March 15 WG French Toast Fruit Milk
March 18 Corn Flakes Fruit Milk	March 19 Yogurt Fruit Milk	March 20 WG Apple Cinnamon Muffin Fruit Milk	March 21 WG Rice Krispies Fruit Milk	March 22 Scrambled Egg Fruit Milk
March 25 WG Cheerios Fruit Milk	March 26 Yogurt Fruit Milk	March 27 WG Banana Muffin Fruit Milk	March 28 Cinnamon Toast Crunch Fruit Milk	March 29 WG Pancake 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****