



Breakfast Menu – Dairy & Egg Free

May 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
<p>April 29</p> <p>WG Cheerios Fruit Milk Alternative</p>	<p>April 30</p> <p>Rice Chex Fruit Milk Alternative</p>	<p>May 1</p> <p>Corn Chex Fruit Milk Alternative</p>	<p>May 2</p> <p>Cinnamon Toast Crunch Fruit Milk Alternative</p>	<p>May 3</p> <p>WG Bagel Fruit Milk Alternative</p>
<p>May 6</p> <p>WG Cheerios Fruit Milk Alternative</p>	<p>May 7</p> <p>Rice Chex Fruit Milk Alternative</p>	<p>May 8</p> <p>Corn Chex Fruit Milk Alternative</p>	<p>May 9</p> <p>Trix Fruit Milk Alternative</p>	<p>May 10</p> <p>WG Bagel Fruit Milk Alternative</p>
<p>May 13</p> <p>WG Cheerios Fruit Milk Alternative</p>	<p>May 14</p> <p>Rice Chex Fruit Milk Alternative</p>	<p>May 15</p> <p>Corn Chex Fruit Milk Alternative</p>	<p>May 16</p> <p>Cheerios Fruit Milk Alternative</p>	<p>May 17</p> <p>WG Bagel Fruit Milk Alternative</p>
<p>May 20</p> <p>WG Cheerios Fruit Milk Alternative</p>	<p>May 21</p> <p>Rice Chex Fruit Milk Alternative</p>	<p>May 22</p> <p>Corn Chex Fruit Milk Alternative</p>	<p>May 23</p> <p>WG Rice Krispies Fruit Milk Alternative</p>	<p>May 24</p> <p>WG Bagel Fruit Milk Alternative</p>
<p>May 27</p> <p>HAPPY MEMORIAL DAY!</p>	<p>May 28</p> <p>Rice Chex Fruit Milk Alternative</p>	<p>May 29</p> <p>Corn Chex Fruit Milk Alternative</p>	<p>May 30</p> <p>Trix Fruit Milk Alternative</p>	<p>May 31</p> <p>WG Bagel Fruit Milk Alternative</p>

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****