



## Breakfast Menu – Wheat & Soy 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

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