



Breakfast Menu – Main Hot Option

June 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>June 3</p> <p>WG Cheerios Fruit Milk</p>	<p>June 4</p> <p>Yogurt Fruit Milk</p>	<p>June 5</p> <p>WG Corn Muffin Fruit Milk</p>	<p>June 6</p> <p>Cinnamon Toast Crunch Fruit Milk</p>	<p>June 7</p> <p>WG French Toast Fruit Milk</p>
<p>June 10</p> <p>WG Rice Krispies Fruit Milk</p>	<p>June 11</p> <p>Yogurt Fruit Milk</p>	<p>June 12</p> <p>WG Apple Cinnamon Muffin Fruit Milk</p>	<p>June 13</p> <p>Trix Fruit Milk</p>	<p>June 14</p> <p>WG Pancake Fruit Milk</p>
<p>June 17</p> <p>Corn Flakes Fruit Milk</p>	<p>June 18</p> <p>Yogurt Fruit Milk</p>	<p>June 19</p> <p>WG Banana Muffin Fruit Milk</p>	<p>June 20</p> <p>Cheerios Fruit Milk</p>	<p>June 21</p> <p>Scrambled Egg Fruit Milk</p>
<p>June 24</p> <p>Kix Fruit Milk</p>	<p>June 25</p> <p>Yogurt Fruit Milk</p>	<p>June 26</p> <p>WG Blueberry Muffin Fruit Milk</p>	<p>June 27</p> <p>WG Rice Krispies Fruit Milk</p>	<p>June 28</p> <p>WG Waffle 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****