



Breakfast Menu - Hot Option

August 2024

This institution is an equal opportunity provider.

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 |
|--|--|---|--|--|
| July 29 WG Cheerios Fruit Milk | July 30 Yogurt Fruit Milk | July 31 WG Corn Muffin Fruit Milk | August 1 WG Corn Flakes Fruit Milk | August 2 WG French Toast Fruit Milk |
| August 5 WG Rice Krispies Fruit Milk | August 6 Yogurt Fruit Milk | August 7 WG Apple Cinnamon Muffin Fruit Milk | August 8 WG Trix Fruit Milk | August 9 WG Pancake Fruit Milk |
| August 12 WG Cheerios Fruit Milk | August 13 Yogurt Fruit Milk | August 14 WG Banana Muffin Fruit Milk | August 15 WG Corn Flakes Fruit Milk | August 16 WG Waffle Fruit Milk |
| August 19 WG Rice Krispies Fruit Milk | August 20 Yogurt Fruit Milk | August 21 WG Blueberry Muffin Fruit Milk | August 22 WG Trix Fruit Milk | August 23 Scrambled Eggs Fruit Milk |
| August 26 WG Cheerios Fruit Milk | August 27 Yogurt Fruit Milk | August 28 WG Corn Muffin Fruit Milk | August 29 WG Corn Flakes Fruit Milk | August 30 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****