



BREAKFAST MENU OCTOBER 2021

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

WG = Whole Grain
 Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, 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

Monday	Tuesday	Wednesday	Thursday	Friday
October 4	October 5	October 6	October 7	October 8
Fruity Cheerios Goldfish Crackers Fruit Milk	WG Breakfast Bar Graham Crackers Fruit Milk	Yogurt w/ Granola Fruit Milk	WG Pumpkin Bread Fruit Milk	Lucky Charms Cheez-Its Fruit Milk
October 11	October 12	October 13	October 14	October 15
Fruity Cheerios Goldfish Crackers Fruit Milk	Cinnamon Toast Crunch Goldfish Crackers Fruit Milk	Yogurt w/ WG Granola Fruit Milk	WG Blueberry Muffin Fruit Milk	Apple Jacks Cheez-Its Fruit Milk
October 18	October 19	October 20	October 21	October 22
Fruity Cheerios Goldfish Crackers Fruit Milk	WG Breakfast Bar Graham Crackers Fruit Milk	Yogurt w/ WG granola Fruit Milk	WG Banana Bread Fruit Milk	Lucky Charms Cheez-Its Fruit Milk
October 25	October 26	October 27	October 28	October 29
Cinnamon Toast Crunch Goldfish Crackers Fruit Milk	WG Breakfast Bar Graham Crackers Fruit Milk	Yogurt w/ WG granola Fruit Milk	WG Apple Cinnamon Muffin Fruit Milk	Apple Jacks Cheez-Its Fruit Milk
November 1	November 2	November 3	November 4	November 5
Fruity Cheerios Goldfish Crackers Fruit Milk	WG Breakfast Bar Graham Crackers Fruit Milk	Yogurt w/ WG granola Fruit Milk	WG Zucchini Bread Fruit Milk	Lucky Charms Cheez-Its Fruit Milk