



# BREAKFAST MENU

## MARCH 2022

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, 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\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 28</b>	<b>March 1</b>	<b>March 2</b>	<b>March 3</b>	<b>March 4</b>
<b>Cinnamon Toast Crunch</b> Goldfish Crackers 100% Fruit Juice Milk	<b>WG Breakfast Bar</b> Graham Crackers Fruit Milk	<b>Yogurt w/ WG granola</b> Fruit Milk	<b>WG Zucchini Bread</b> Fruit Milk	<b>Apple Jacks</b> Cheez-Its 100% Fruit Juice Milk
<b>March 7</b>	<b>March 8</b>	<b>March 9</b>	<b>March 10</b>	<b>March 11</b>
<b>Lucky Charms</b> Cheez-Its 100% Fruit Juice Milk	<b>WG Breakfast Bar</b> Graham Crackers Fruit Milk	<b>Yogurt w/ WG granola</b> Fruit Milk	<b>WG Blueberry Muffin</b> Fruit Milk	<b>Fruity Cheerios</b> Goldfish Crackers 100% Fruit Juice Milk
<b>March 14</b>	<b>March 15</b>	<b>March 16</b>	<b>March 17</b>	<b>March 18</b>
<b>Cinnamon Toast Crunch</b> Goldfish Crackers 100% Fruit Juice Milk	<b>WG Breakfast Bar</b> Graham Crackers Fruit Milk	<b>Yogurt w/ WG granola</b> Fruit Milk	<b>WG Pumpkin Bread</b> Fruit Milk	<b>Apple Jacks</b> Cheez-Its 100% Fruit Juice Milk
<b>March 21</b>	<b>March 22</b>	<b>March 23</b>	<b>March 24</b>	<b>March 25</b>
<b>Lucky Charms</b> Cheez-Its 100% Fruit Juice Milk	<b>WG Breakfast Bar</b> Graham Crackers Fruit Milk	<b>Yogurt w/ WG Granola</b> Fruit Milk	<b>WG Apple Cinnamon Muffin</b> Fruit Milk	<b>Fruity Cheerios</b> Goldfish Crackers 100% Fruit Juice Milk
<b>March 28</b>	<b>March 29</b>	<b>March 30</b>	<b>March 31</b>	
<b>Cinnamon Toast Crunch</b> Goldfish Crackers 100% Fruit Juice Milk	<b>WG Breakfast Bar</b> Graham Crackers Fruit Milk	<b>Yogurt w/ WG Granola</b> Fruit Milk	<b>WG Banana Bread</b> Fruit Milk	