



Breakfast Menu

October 2022

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 ¼ 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>October 3</p> <p>WG Kix Cheez Its 100% Juice Box Milk</p>	<p>October 4</p> <p>Yogurt w/ Granola Fruit Milk</p>	<p>October 5</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>October 6</p> <p>WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk</p>	<p>October 7</p> <p>WG Corn Muffin Fruit Milk</p>
<p>October 10</p> <p>WG Lucky Charms Cheez Its 100% Juice Box Milk</p>	<p>October 11</p> <p>Yogurt w/ Granola Fruit Milk</p>	<p>October 12</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>October 13</p> <p>WG Apple Cinnamon Cheerios Goldfish 100% Juice Box Milk</p>	<p>October 14</p> <p>WG Blueberry Muffin Fruit Milk</p>
<p>October 17</p> <p>WG Cocoa Puffs Cheez Its 100% Juice Box Milk</p>	<p>October 18</p> <p>Yogurt w/ Granola Fruit Milk</p>	<p>October 19</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>October 20</p> <p>WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk</p>	<p>October 21</p> <p>WG Banana Muffin Fruit Milk</p>
<p>October 24</p> <p>WG Lucky Charms Cheez Its 100% Juice Box Milk</p>	<p>October 25</p> <p>Yogurt w/ Granola Fruit Milk</p>	<p>October 26</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>October 27</p> <p>WG Apple Cinnamon Cheerios Goldfish 100% Juice Box Milk</p>	<p>October 28</p> <p>WG Apple Cinnamon Muffin Fruit Milk</p>
<p>October 31</p> <p>WG Cocoa Puffs Cheez Its 100% Juice Box Milk</p>	<p>November 1</p> <p>Yogurt w/ Granola Fruit Milk</p>	<p>November 2</p> <p>WG Bagel w/ Cream Cheese Fruit Milk</p>	<p>November 3</p> <p>WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk</p>	<p>November 4</p> <p>WG Orange Muffin Fruit Milk</p>

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****