



Breakfast Menu

November 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 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
October 31 WG Cocoa Puffs Cheez Its 100% Juice Box Milk	November 1 Yogurt w/ Granola Fruit Milk	November 2 WG Bagel w/ Cream Cheese Fruit Milk	November 3 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	November 4 WG Orange Muffin Fruit Milk
November 7 WG Lucky Charms Cheez Its 100% Juice Box Milk	November 8 Yogurt w/ Granola Fruit Milk	November 9 WG Bagel w/ Cream Cheese Fruit Milk	November 10 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	November 11 WG Corn Muffin Fruit Milk
November 14 WG Kix Cheez Its 100% Juice Box Milk	November 15 Yogurt w/ Granola Fruit Milk	November 16 WG Bagel w/ Cream Cheese Fruit Milk	November 17 WG Apple Cinnamon Cheerios Goldfish 100% Juice Box Milk	November 18 WG Blueberry Muffin Fruit Milk
November 21 WG Cocoa Puffs Cheez Its 100% Juice Box Milk	November 22 Yogurt w/ Granola Fruit Milk	November 23 WG Bagel w/ Cream Cheese Fruit Milk	November 24	November 25
November 28 WG Lucky Charms Cheez Its 100% Juice Box Milk	November 29 Yogurt w/ Granola Fruit Milk	November 30 WG Bagel w/ Cream Cheese Fruit Milk	December 1 WG Apple Cinnamon Cheerios Goldfish 100% Juice Box Milk	December 2 WG Apple Cinnamon Muffin Fruit 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