



Breakfast Menu

September 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
August 29 WG Kix Fruit Milk	August 30 Yogurt w/ Granola Fruit Milk	August 31 WG Bagel w/ Cream Cheese Fruit Milk	September 1 WG Cinnamon Toast Crunch Fruit Milk	September 2 WG Corn Muffin Fruit Milk
September 5 CLOSED! HAPPY LABOR DAY!	September 6 WG Lucky Charms Fruit Milk	September 7 WG Bagel w/ Cream Cheese Fruit Milk	September 8 WG Apple Cinnamon Cheerios Fruit Milk	September 9 WG Blueberry Muffin Fruit Milk
September 12 WG Cocoa Puffs Fruit Milk	September 13 Yogurt w/ Granola Fruit Milk	September 14 WG Bagel w/ Cream Cheese Fruit Milk	September 15 WG Cinnamon Toast Crunch Fruit Milk	September 16 WG Banana Bread Fruit Milk
September 19 WG Lucky Charms Fruit Milk	September 20 Yogurt w/ Granola Fruit Milk	September 21 WG Bagel w/ Cream Cheese Fruit Milk	September 22 WG Apple Cinnamon Cheerios Fruit Milk	September 23 WG Apple Cinnamon Muffin Fruit Milk
September 26 WG Cocoa Puffs Fruit Milk	September 27 Yogurt w/ Granola Fruit Milk	September 28 WG Bagel w/ Cream Cheese Fruit Milk	September 29 WG Cinnamon Toast Crunch Fruit Milk	September 30 WG Zucchini Bread 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****