



All Ages Breakfast Menu March 2019

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – 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
				March 1 Corn Flakes -Fruit -Milk
March 4 Cheerios -Fruit -Milk	March 5 Yogurt -Fruit -Milk	March 6 Hard Boiled Egg -Wheat Bread - Fruit -Milk	March 7 WG Blueberry Muffin -Fruit -Milk	March 8 Rice Krispy Cereal -Fruit -Milk
March 11 Corn Flakes - Fruit -Milk	March 12 WG Pancake w/Fruit Spread - Fruit -Milk	March 13 Cinnamon Raisin Bagel w/ Cream Cheese - Fruit -Milk	March 14 WG Banana Muffin -Fruit -Milk	March 15 Cheerios Fruit Milk
March 18 Rice Krispy Fruit Milk	March 19 Yogurt -Fruit -Milk	March 20 Corn Flakes -Fruit -Milk	March 21 WG Apple Cinnamon Muffin -Fruit -Milk	March 22 Hard Boiled Egg -Wheat Bread - Fruit -Milk
March 25 Cheerios - Fruit -Milk	March 26 WG Pancake w/Fruit Spread - Fruit -Milk	March 27 WG Bagel w/ Butter - Fruit -Milk	March 28 WG Cranberry Orange Muffin -Fruit -Milk	March 29 Rice Krispy -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****