



All Ages Breakfast Menu May 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
		May 1 Yogurt -Fruit -Milk	May 2 Banana Muffin -Fruit -Milk	May 3 Cheerios -Fruit -Milk
May 6 Rice Krispy Cereal -Fruit -Milk	May 7 ½ English Muffin -Fruit Spread -Fruit -Milk	May 8 Hard Boiled Egg -Fruit -Milk	May 9 Apple Cinnamon Muffin -Fruit -Milk	May 10 Corn Flakes -Fruit -Milk
May 13 Cheerios -Fruit -Milk	May 14 Cinnamon Raisin Bagel w/ Cream Cheese -Fruit -Milk	May 15 Yogurt -Fruit -Milk	May 16 Blueberry Muffin Fruit Milk	May 17 Rice Krispy Cereal Fruit Milk
May 20 Corn Flakes -Fruit -Milk	May 21 WG Plain Bagel w/ Cream Cheese -Fruit -Milk	May 22 Hard Boiled Egg -Fruit -Milk	May 23 Cranberry Orange Muffin -Fruit -Milk	May 24 Cheerios -Fruit -Milk
May 27 CLOSED	May 28 Rice Krispy Cereal -Fruit -Milk	May 29 Yogurt -Fruit -Milk	May 30 Corn Muffin -Fruit -Milk	May 31 Corn Flakes -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****