



All Ages Breakfast Menu October 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
	October 1 Honey Wheat Bagel w/Cream Cheese -Fruit -Milk	October 2 Yogurt -Fruit -Milk	October 3 Banana Muffin -Fruit -Milk	October 4 Cheerios -Fruit -Milk
October 7 Life Cereal -Fruit -Milk	October 8 ½ English Muffin -Fruit -Milk	October 9 Hard Boiled Egg -Wheat Bread -Fruit -Milk	October 10 Zucchini Bread -Fruit -Milk	October 11 Corn Flakes -Fruit -Milk
October 14 Rice Krispy Cereal -Fruit -Milk	October 15 Cinnamon Raisin Bagel w/Cream Cheese -Fruit -Milk	October 16 Yogurt -Fruit -Milk	October 17 Blueberry Muffin -Fruit -Milk	October 18 Honey Graham Squares -Fruit -Milk
October 21 Cheerios -Fruit -Milk	October 22 WG Plain Bagel w/Cream Cheese -Fruit -Milk	October 23 Hard Boiled Egg -Wheat Bread -Fruit -Milk	October 24 Pumpkin Bread -Fruit -Milk	October 25 Life Cereal -Fruit -Milk
October 28 Corn Flakes -Fruit -Milk	October 29 Blueberry Bagel w/ Cream Cheese -Fruit -Milk	October 30 Yogurt -Fruit -Milk	October 31 Corn 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****