



All Ages Breakfast Menu November 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
				November 1 Cheerios -Fruit -Milk
November 4 Life Cereal -Fruit -Milk	November 5 Cinnamon Raisin Bagel w/Cream Cheese -Fruit -Milk	November 6 ½ English Muffin - Fruit -Milk	November 7 Zucchini Bread -Fruit -Milk	November 8 Corn Flakes -Fruit -Milk
November 11 Rice Krispy Cereal -Fruit -Milk	November 12 ½ Whole Wheat English Muffin -Fruit -Milk	November 13 Yogurt -Fruit -Milk	November 14 Banana Bread -Fruit -Milk	November 15 Honey Graham Squares -Fruit -Milk
November 18 Cheerios -Fruit -Milk	November 19 WG Plain Bagel w/Cream Cheese -Fruit -Milk	November 20 ½ English Muffin - Fruit -Milk	November 21 Pumpkin Bread -Fruit -Milk	November 22 Life Cereal -Fruit -Milk
November 25 Corn Flakes -Fruit -Milk	November 26 Blueberry Bagel w/ Cream Cheese -Fruit -Milk	November 27 Yogurt -Fruit -Milk	November 28 Happy Thanksgiving!!	November 29 Rice Krispy Cereal -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****