



All Ages Breakfast Menu October 2018

(1-2 Year Old Substitutions listed in parenthesis)

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 Rice Krispy Cereal/ Cereal de arroz -Fruit/ Fruta -Milk/ Leche | October 2 Honey Wheat English Muffin w/ Fruit Spread/ Pan Inglés integral de miel con mermelada de fruta -Fruit/ Fruta -Milk/ Leche | October 3 Boiled Egg/ huevo cocinado duro - Wheat Bread/ Pan integral - Fruit -Milk/ Leche | October 4 WG Banana Bread / Pan integral de banano -Fruit/ Fruta -Milk/Leche | October 5 Cheerios/Cereal -Fruit/Fruta -Milk/Leche |
| October 8 Kix Cereal -Fruit/Fruta -Milk/Leche | October 9 WG English Muffin w/ SunButter/ Pan Inglés con mantequilla de girasol -Fruit/Fruta -Milk/Leche | October 10 Corn Flakes/ Cereal de hojuelas de maíz -Fruit/Fruta -Milk/Leche | October 11 WG Blueberry Bread/ Pan integral con arándanos -Fruit/Fruta -Milk/Leche | October 12 WG Life Cereal -Fruit/Fruta -Milk/Leche |
| October 15 Rice Krispy Cereal/Cereal de arroz -Fruit/ Fruta -Milk/ Leche | October 16 WG Pancake w/ Fruit Spread/ Pancaques integrales con mermelada de fruta -Fruit/Fruta -Milk/Leche | October 17 Hard Boiled Egg - Wheat Bread - Fruit/Fruta -Milk/Leche | October 18 WG Pumpkin Bread/ Pan integral de calabaza - Fruit/Fruta -Milk/Leche | October 19 Cheerios - Fruit/Fruta -Milk/Leche |
| October 22 Kix Cereal - Fruit/Fruta -Milk/Leche | October 23 WG French Toast Sticks / Palitos de pan tostado francesa integral - Fruit/Fruta -Milk/Leche | October 24 WG Life Cereal/ Cereal integral - Fruit×/Fruta -Milk/Leche | October 25 Cranberry Orange Muffin/ Pastelito integral de arándanos y naranja - Fruit/Fruta -Milk/Leche | October 26 Rice Krispy Cereal/ Cereal de arroz - Fruit/Fruta -Milk/Leche |
| October 29 Corn Flakes/Cereal de hojuelas de maíz - Fruit/Fruta - Milk/Leche | October 30 Corn Bread/Pan de maíz - Fruit/Fruta - Milk/Leche | October 31 Hard Boiled Egg/Huevo cocinada duró - Wheat Bread/Pan integral - Fruit/Fruta - Milk/Leche | | |

WG = Whole Grain/Grano integral

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