

## All Ages Breakfast Menu November 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
			<b>November 1</b> <b>WG Banana Bread</b> -Fruit -Milk	<b>November 2</b> <b>Cheerios</b> -Fruit -Milk
<b>November 5</b> <b>Kix Cereal</b> -Fruit -Milk	<b>November 6</b> <b>Honey Wheat English Muffin w/Fruit Spread</b> -Fruit -Milk	<b>November 7</b> <b>Corn Flakes</b> -Fruit -Milk	<b>November 8</b> <b>WG Blueberry Bread</b> -Fruit -Milk	<b>November 9</b> <b>WG Life Cereal</b> -Fruit -Milk
<b>November 12</b> <b>Rice Krispy Cereal</b> -Fruit -Milk	<b>November 13</b> <b>WG English Muffin w/Sun Butter</b> -Fruit -Milk	<b>November 14</b> <b>Hard Boiled Egg</b> - Wheat Bread - Fruit -Milk	<b>November 15</b> <b>WG Pumpkin Bread</b> - Fruit -Milk	<b>November 16</b> <b>Cheerios</b> - Fruit -Milk
<b>November 19</b> <b>Kix Cereal</b> - Fruit -Milk	<b>November 20</b> <b>WG Pancake w/Fruit Spread</b> - Fruit -Milk	<b>November 21</b> <b>Corn Flakes</b> - Fruit -Milk	<b>Closed</b>	<b>November 23</b> <b>Life Cereal</b> - Fruit -Milk
<b>November 26</b> <b>Rice Krispy Cereal</b> - Fruit - Milk	<b>November 27</b> <b>WG French Toast</b> - Fruit - Milk	<b>November 28</b> <b>Hard Boiled Egg</b> - Wheat Bread - Fruit - Milk	<b>November 29</b> <b>Cranberry Orange Bread</b> -Fruit -Milk	<b>November 30</b> <b>Cheerios</b> -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\*\*