



All Ages Breakfast Menu December 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
December 3 Cheerios -Fruit -Milk	December 4 Honey Wheat English Muffin w/Fruit Spread -Fruit -Milk	December 5 Kix Cereal -Fruit -Milk	December 6 WG Banana Bread -Fruit -Milk	December 7 Corn Flakes -Fruit -Milk
December 10 WG Granola Clusters -Fruit -Milk	December 11 WG English Muffin w/SunButter -Fruit -Milk	December 12 Rice Crispy Cereal -Fruit -Milk	December 13 WG Blueberry Bread -Fruit -Milk	December 14 Hard Boiled Egg -Wheat Bread - Fruit -Milk
December 17 Cheerios - Fruit -Milk	December 18 WG Pancake w/Fruit Spread - Fruit -Milk	December 19 Kix Cereal - Fruit -Milk	December 20 WG Pumpkin Bread -Fruit -Milk	December 21 Corn Flakes Fruit Milk
December 24 WG Granola Clusters Fruit Milk	December 25 CLOSED	December 26 Cheerios -Fruit -Milk	December 27 Cranberry Orange Bread -Fruit -Milk	December 28 Hard Boiled Egg -Wheat Bread - Fruit -Milk
December 31 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