



## Breakfast Menu

**October 2021**

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-12<sup>th</sup> Grade – Fruit 1 Cup, Grain 2oz, Low Fat or 1% Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 4</b> Fruity Cheerios Goldfish Crackers Fruit Milk	<b>October 5</b> WG Breakfast Bar Graham Crackers Fruit Milk	<b>October 6</b> Yogurt w/ Granola Fruit Milk	<b>October 7</b> WG Pumpkin Bread Fruit Milk	<b>October 8</b> Lucky Charms Cheez-Its Fruit Milk
<b>October 11</b> Fruity Cheerios Goldfish Crackers Fruit Milk	<b>October 12</b> Cinnamon Toast Crunch Goldfish Crackers Fruit Milk	<b>October 13</b> Yogurt w/ WG Granola Fruit Milk	<b>October 14</b> WG Blueberry Muffin Fruit Milk	<b>October 15</b> Apple Jacks Cheez-Its Fruit Milk
<b>October 18</b> Fruity Cheerios Goldfish Crackers Fruit Milk	<b>October 19</b> WG Breakfast Bar Graham Crackers Fruit Milk	<b>October 20</b> Yogurt w/ WG granola Fruit Milk	<b>October 21</b> WG Banana Bread Fruit Milk	<b>October 22</b> Lucky Charms Cheez-Its Fruit Milk
<b>October 25</b> Cinnamon Toast Crunch Goldfish Crackers Fruit Milk	<b>October 26</b> WG Breakfast Bar Graham Crackers Fruit Milk	<b>October 27</b> Yogurt w/ WG granola Fruit Milk	<b>October 28</b> WG Apple Cinnamon Muffin Fruit Milk	<b>October 29</b> Apple Jacks Cheez-Its Fruit Milk
<b>November 1</b> Fruity Cheerios Goldfish Crackers Fruit Milk	<b>November 2</b> WG Breakfast Bar Graham Crackers Fruit Milk	<b>November 3</b> Yogurt w/ WG granola Fruit Milk	<b>November 4</b> WG Zucchini Bread Fruit Milk	<b>November 5</b> Lucky Charms Cheez-Its 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\*\***